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Baby snatcher handed suspended sentence

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Abortions available in health centres

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Rapid alert system for missing children

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Portugal has 19th most consumer friendly NHS

According to a survey, Austria is Europe's most consumer-friendly healthcare system. A combination of widespread access to treatment and excellence in outcomes allowed Austria to narrowly pip the 2005 winners, the Netherlands, from the top spot. Portugal, meanwhile, has been rated 19th. (See Page 5)

Weekend weather

Lisbon: Saturday: Mostly Sunny, high of 25º Sunday: Partly Cloudy, high of 24º. **Faro:** Saturday: Sunny, high of 24º Sunday: Mostly Cloudy, high of 23º. **Oporto:** Saturday: Fog/Sun, high of 21º Sunday: Fog/Cloud, high of 21º.

Leading Portuguese detective demoted after lashing out at McCanns and UK police

TOP MADELEINE OFFICER DEMOTED

Story, see p. 3

Portuguese Judiciary Police Officer, Gonçalo Amaral, responsible for the investigation of the Madeleine McCann case, left the job on Tuesday. (Photo: Lusa / Luis Forra)

Baby snatcher handed suspended sentences

Isaura Pinto, the mother of the two-day-old baby who was snatched from the Padre Américo hospital in February 2006. She is seen leaving the Penafiel courthouse where Alice Ferreira was given a four year and eight month's sentence for taking the baby, with an alternative sentence of paying €30,000 compensation to the baby's biological family. (Photo: Lusa/Estela Silva)

A 38-year-old woman charged with abducting a new-born from the Padre Américo Hospital in February last year has been sentenced by a Penafiel court in northern Portugal to 56 months in jail, or a suspended sentence for the same period of time plus €30,000 in damages to be paid to the biological family.

It was stipulated that at least half of the amount must be paid within the next 28 months, and the rest by the end of the suspended sentence.

Despite laws stating that such a crime should be punished with a prison sentence of between two and ten years, a report into this particular case, conducted by the Institute of Social Reinsertion, defended that the woman should not be subject to immediate imprisonment.

Alice Ferreria was an aid in the hospital's geriatric ward when she took the two-day-old baby from an obstetrics nurse.

It was a relative who denounced the situation to the police, to which the woman later confessed, reportedly saying she was 'sorry' and that she 'acted out of desperation'. She also denied premeditating the incident, something that the jury contested.

The €30,000 compensation was accepted by the baby's biological parents, the family's lawyer saying it was a "fair and balanced" decision, and that they would be taking no further action, despite the biological mother, Isaura Pinto, claming "only imprisonment" would bring justice.

Abortions available in health centres

Since the change in abortion laws over two months ago, it has been estimated that an average of 25 abortions are conducted on a daily basis, which, over 365 days will total around nine thousand voluntary interruptions at the end of one year, less than half of the number initially predicted.

According to Jorge Branco, coordinator of the National Reproductive Health Programme, these figures, based on requests in public hospitals and authorised clinics, are merely a "photograph" of reality, and that public hospitals are able to cater for the demand.

Some twenty thousand abortions were initially expected to take place per year, representing a fifth of all births.

Despite public hospitals being able to cover the demand, authorised chemical abortions will also soon be available from local health centres, as stipulated in the original abortion legislation.

Viana do Castelo will be the first health centre to introduce voluntary chemical interruptions, which will get underway this week, and is to be followed by another three health centres around the country, in Penafiel, Amarante and Paredes, by the end of the year.

In Viana do Castelo, two doctors and two nurses will be assigned to carry out the task, which will only differ slightly from the procedure administered in public hospitals, where the main part of abortions are performed using medicines.

This is contrary to what happens in private clinics, where most abortions are done surgically.

Women will only need exterior services for an ecography, to calculate the foetus's period of gestation, then all other procedures (consultations, administering of medication, etc…) will be performed in local health centres. Returning to hospital will only be necessary should complications occur.

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Gang causes chaos in Quinta

A gang of louts now referred to as the 'Plasma Gang' caused chaos last weekend as they broke into and looted three real estate agencies in the 'Bougainvillea' shopping centre, in Quinta do Lago, followed by a perfume shop in Quarteira.

Comprising five youths believed to be aged between 15 and 20 years, the group known as the 'Plasma Gang' also stole a car, a black Renault Clio, from Vilamoura, to aid them in their night of raids.

A number of plasma TV screens and LCD monitors were stolen from window displays after glass was broken, either by stone throwing or shots from a shotgun.

During their late-night assault on the up-market Bougainvillea Shopping Centre a security guard spotted the youths.

He was warned off with shots as he attempted to intervene. Private security company 'Vigiquinta' has said it believes the raid was 'planned to the minute'.

Real estate agencies Property Sales, Ria Estates and Portman were all vandalised by the youths, despite having ten-millimetre thick reinforced glass fronts.

After their foray in the Bougainvillea Shopping Centre the gang headed to Quarteira where they broke into a perfume shop, taking with them a large quantity of stock.

Police sources say they believe the group is also responsible for a robbery in two shops in Vilamoura, three nights prior to this latest incident, as well as the armed mugging of an elderly English couple, in the same town. Identifying the gang has been made difficult as, according to police, they "keep their heads covered with hoods".

Portugal, Spain to combine forces in terror fight

Portugal and Spain signed an accord on Monday for joint efforts in combating terrorism, including the creation of combined investigation teams when needed.

The agreement was inked in Lisbon by the justice and internal administration ministers of the Iberian neighbours shortly before the opening of a two-day meeting of EU justice and internal affairs ministers in the Portuguese capital, that has the fight against terrorism high on its agenda.

The Iberian initiative came in the wake of two recent terrorist incidents in Spain, in which the Basque separatist movement ETA used vehicles rented in Portugal.

Lisbon and Madrid have agreed to join forces in investigating the possibility that ETA has set up some form of support network in Portugal. *TPN/Lusa*

Top Madeleine officer demoted

An outburst levelled at British police for their eagerness in investigating information supplied by Kate and Gerry McCann has led to the leading investigator into the disappearance of Madeleine McCann being transferred to another station. The extraordinary comments made by Gonçalo Amaral to a newspaper earlier this week resulted in the Minister of Justice making a public statement in support of British police. Within an hour of Mr Costa's comments, the man who has directed investigations into Madeleine's disappearance the past five months received a fax from PJ police director Alípio Ribeiro ordering him to clear his desk as he was being transferred to Faro, where he would be exercising duties unrelated to one of the biggest and most complex investigations ever conducted on Portuguese soil.

Gerry and Kate McCann leave the family home in Rothley, Leicestershire on Tuesday. The McCanns returned to the UK from Portugal in September after being named official suspects in the disappearance of their daughter Madeleine. (Photo: EPA/Lee Sanders)

The first public comments made by Chief Inspector Gonçalo Amaral on the Madeleine McCann case will also be his last.

Mr Amaral's demise, which his colleagues say was orchestrated by British media, who had transformed him into their prefered target whenever so-called shortcomings of the Portuguese police were highlighted, was ultimately sparked by his explosive comments to *Diário de Notícias*.

Reporters at national newspaper *Diário de Notícias* said they "got lucky" when, after almost five months of silence, Gonçalo Amaral spoke freely about investigations into the disappearance of Madeleine McCann, which has landed him in hot water with his superiors.

"British police have solely been working on that which suits the McCann couple", said the chief of the Portimão Criminal Investigation Department in a tone described by *Diário de Notícias* reporters as "explosive".

The final straw for the detective appears to have been reports in the Sunday papers over an e-mail sent to the official website of the Prince of Wales accusing a former employee at the Ocean Club holiday complex of having kidnapped Madeleine as an act of revenge after she had been sacked by the resort's administration.

"Such a situation has been completely put aside, and has no credibility for the Portuguese police", the detective said, who said his British counterparts "have been investigating clues and information created and worked over by the McCanns, forgetting that the couple are suspects in their daughter's death."

"This story of a revenge kidnapping is yet another fact worked on for the McCanns", accused Gonçalo Amaral, stressing that the Ocean Club "is in Praia da Luz and not in London, which means that everything that concerns the development and their respective staff members (current and former) has or is being investigated by Portuguese police".

"It is not going to be an e-mail, especially anonymous, which is easy to trace, that is going to distract us from our line of investigation", he said.

While some newspapers have reported Mr Amaral believed his comments had been taken out of context and were to be used off-the-record, a reporter at *Diário de Notícias* told **The Portugal News** that at no time was it mentioned that his name should not be associated to the story.

On Tuesday evening, a police spokeswoman in Lisbon said: "We can confirm that Mr Amaral is no longer working for the Judicial Police in Portimão. The decision was taken by the national leadership on Tuesday. We cannot make any comment on the reasons for his dismissal, but we can confirm that he did not resign. He was removed from the post."

Later that evening, the director of PJ police said the reasons behind Mr Amaral's removal from his post were "obvious".

Meanwhile, Carlos Anjos, chairman of the Police Union for Criminal Detectives has said that he agreed with the removal of Gonçalo Amaral from the case "If it were to defend him as a human being from the attacks of which he has been a victim".

The ASFIC Union, which Carlos Anjos leads, believes Mr Amaral has become the target of a campaign orchestrated by British media, who have not only raised doubts over his honour as a police officer, but also his psychological state and physical condition.

"He has been accused of being a drunk, that he only worked four hours a day, that he is a formal suspect in torture cases and who knows what else. One of the latest stories made reference to his wife and daughter", explained Carlos Anjos.

"This is why I have been of the opinion for some time now that Gonçalo Amaral had to be protected not in his capacity as a police officer, but as a human being", Mr Anjos added.

He said he was unclear as to the exact reasons behind the demotion of Mr Amaral.

"If the reasons are in connection with his comments to a newspaper and if there had been some sort of prior agreement between Mr Amaral and the national director of the PJ regarding such comments then it is up to them to explain their position and not me", he concluded.

Earlier this week, Mr Anjos had told **The Portugal News** that criticism of the Portuguese police in the British media is "strange". He qualified this statement by comparing Madeleine's disappearance with schoolboy Rhys Jones, who was shot dead by unknown assailants in August.

"The British police have a body, they know what the murder weapon is and yet their press is not attacking them for being unable to solve the case", Mr Anjos said.

As for Mr and Mrs McCann, Mr Anjos said: "I think the campaign they have been conducting is wrong", adding, "it seems that with their new spokesman, their sole objective is to create a new 'fact' each day.

"It's laughable to read that four months later, newspapers report Gerry McCann as saying "Madeleine's kidnapper could have been in the room" when he went to check on the twins, saying had this been the case, police should have been informed of this development, which he says was not the case.

Mr Anjos also stressed that all employees at the Ocean Club have been thoroughly scrutinised by police, and that exhaustive background checks had been performed on all staff members.

He further said that despite all the resources at the McCann's disposal, their campaign had so far produced "nothing", as opposed to that of Portuguese police, who, with the assistance of their British counterparts and their sniffer dogs, have obtained the only credible evidence thus far.

When questioned on Madeleine's fate, he said "it is now almost a complete certainty that she is no longer alive".

Concerning information published in recent weeks by the Portuguese press regarding how Madeleine might have died, he termed the majority of these reports as being "lies", saying "some Portuguese journalists have very fertile imaginations."

He also explained that police preferred not to come out and issue constant denials of newspaper reports. Mr Anjos said refuting media reports would make them "hostages to the news," but if they remain silent on a story, it is to be deemed true.

But in comments to *PortugalDiário*, the lawyer for the McCanns here in Portugal, Carlos Pinto de Abreu, attacked Portuguese police.

"The McCanns cannot confess to something they did not do and they cannot and should not lie only to please the police" Carlos Pinto de Abreu said.

He classed latest comments as "false and absurd" adding Kate and Gerry answered all questions posed by police during questioning, though admitted that Kate did not answer certain "clearly provocative" questions.

The lawyer advised police "to talk less and work more to find the girl".

Justice, home affairs ministers review anti-terror strategy in Lisbon

Vice-President of the European Commission, Commissioner for Freedom, Security and Justice, Franco Frattini (L), speaking at the press conference at the end of the Informal Meeting of Justice and Home Affairs Ministers in Lisbon on Monday (Photo: EPA/Tiago Petinga)

EU justice and home affairs ministers held an informal meeting this Monday and Tuesday in Lisbon to review anti-terrorism strategy one month before Brussels presents its new plan against terrorism.

In the area of internal affairs, the participants discussed strengthening terrorism prevention and protection mechanisms and the implementation of new technologies for integrated border control.

In justice, they focussed on e-justice and proposals on how to improve child protection systems in the European space, specifically via cooperation between member states and judicial systems.

The Lisbon gathering was held under the auspices of the Portuguese EU presidency and is chaired by Lisbon's Minister of Internal Administration, Rui Pereira.

The European Commission plans to adopt this coming November the proposed new European action plan for the fight against terrorism, a strategy envisaging various new measures put forward by Brussels. These include increased monitoring of explosive substances (operation, manufacture, handling and transport), the penalization of terrorist propaganda on the internet, analysis of airline passenger data and more judicial cooperation in the EU.

The plan also calls for an EU database on explosives under the aegis of the European police (Europol), which could quickly provide information to all EU security services, combined with a warning system in the event of theft or disappearance.

"The threat of terrorist attacks in the EU continues to be high, so more prevention measures must be adopted [...] and cooperation improved between the authorities of the various member states," the European Commissioner for Justice, Freedom and Security, Franco Frattini, told Lusa.

He said he would formally present various anti-terrorism proposals to the EU ministers, "including one that would make it punishable to provide bomb-making instructions on the internet."

Mr Frattini added that he hoped to see the action plan on explosives, including liquid explosives, adopted during Portugal's six-month EU presidency term, as well as progress in the area of electronic justice.

E-justice is "the new frontier of cooperation between judicial authorities in the EU," he said, explaining that it enables magistrates to exchange information from European criminal records.

"We are also promoting better cooperation between secret services. This is very important. The results [recently] achieved in the United Kingdom, Germany and Denmark show how important cooperation is," he added.

Regarding increased control of Europe's external border, the ministers meeting in Lisbon will focus on the impact and more intensive use of new border control technologies and their effect on passenger security.

To that end, Pereira is expected to present to his EU counterparts the RAPID automatic passenger identification system, a Portuguese project currently used at the Lisbon and Faro airports to streamline border controls. It is the world's first automatic control system for passengers bearing electronic passports. *TPN/Lusa*

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Two youths detained in first-ever desecration of Lisbon's Jewish cemetery

Police have detained two youths suspected of vandalising the Jewish cemetery in the Portuguese capital, an unprecedented event, according to a spokeswoman for Lisbon's Jewish community.

The police said late last Wednesday that they had arrested two youths, aged 16 and 24, after receiving a complaint from the Jewish Community of Lisbon that about 20 tombs had been vandalised and painted with Nazi swastikas at the community's cemetery overnight Tuesday.

"This makes us apprehensive and angry", community spokeswoman Esther Mucznik told Lusa, saying it was "the first time" the cemetery had been targeted in this way.

Mucznik said the community planned to inform the government and parliament's commission on religious freedom of "the pure act of racism and anti-Semitism". *TPN/Lusa*

Calls for immigrants to get full access to healthcare

The need for immigrants to have access to equitable and culturally tailored healthcare was one of the main conclusions of a two-day meeting in Lisbon on the theme "Health and Migration in the EU", an official in Portugal's bloc presidency said Friday.

José Pereira Miguel, health coordinator for Lisbon's EU presidency, said it was necessary to include migrants' health concerns as a "central issue in the debate of other health policies, bearing in mind various geographical, social and cultural barriers."

Immigrants and their families should have unhindered access to healthcare in EU states to promote the well-being of all citizens, even if it is necessary to "adopt policies of positive differentiation."

Echoing Mr Miguel's concerns, Portugal's health minister, Antonio Correia de Campos, called for the proposals to be presented to the next meeting of EU health ministers.

EU instruments, such as the public health program and the research and development framework, could be used for immediate launch of the recommendations, suggested Lisbon's health minister.

Mr Correia de Campos also stressed the need to support EU efforts in preparing proposals for a common rights framework for immigrants, taking into consideration the "heritage of values of the fundamental principles of human rights that should motivate the EU's integration policy".

"The right to health constitutes a fundamental human right, irrespective of nationality, language or religion," said Portugal's health minister. *TPN/Lusa*

Portugal proposes rapid alert system for missing children

EU justice and home affairs ministers concluded a two-day informal council meeting in Lisbon on Tuesday proposing a series of initiatives, including the creation of a "rapid alert" system for missing children.

Portuguese Justice Minister Alberto Costa said the planned system should be "flexible", directed primarily to media and the general public, and help "complement" the existing cooperation between police authorities of the member states.

The cross-border alerts would be triggered when authorities considered there was a risk of an abducted child being taken to another country, the Justice Minister explained.

Another initiative in the same field, Mr Costa said, will be the publication of a list of missing children on an e-Justice Internet portal which the Portuguese presidency plans to unveil by year's end.

The portal, he added, would allow the public "direct contact" with central authorities.

The ministers also called for the strengthening of legislation against the use of the Internet for crimes directed at minors, and urged member states to ratify the Convention on Cyber-crime, and the Council of Europe's convention on the protection of children from exploitation and sexual abuse.

Speaking in turn, EU Justice and Home Affairs Commissioner Franco Frattini said that instead of building a completely new missing child system, member states will aim to achieve "interoperability" of existing national networks.

The Italian commissioner also encouraged EU member states to give compulsory medical treatment to convicted paedophiles if they re-offend.

TPN/Lusa

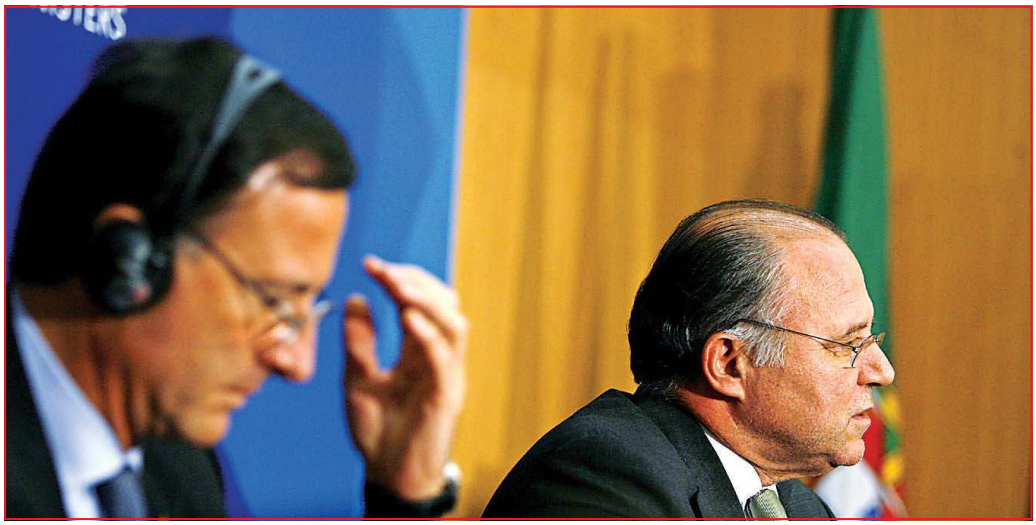

Photo above right: Portuguese Minister for Justice, Alberto Costa (R) speaks at the press conference together with Vice-President of the European Commission and Commissioner for Freedom, Security and Justice, Franco Frattini (L). This was the final press conference at the conclusion of the Informal Meeting of Ministers of Justice of EU in Lisbon last Tuesday. (Photo: Lusa / Tiago Petinga)

Portugal has 19th most consumer friendly NHS

According to the 2007 Euro Health Consumer Index (EHCI) launched this week, Austria is Europe's most consumer-friendly healthcare system. A combination of widespread access to treatment and excellence in outcomes allowed Austria to narrowly pip the 2005 winners, the Netherlands, from the top spot. Last year's winner France has slipped to 3rd place. Portugal, meanwhile, has been rated 19th.

There is a small group of countries that compete for pre-eminence in excellence, separated only by minor differences. These are followed by a middle group of adequate performers and rapid improvers, with a rump of under-achievers. But no country in the index achieves more than 80 percent of their potential, and all remain in need of reform. The 2007 EHCI covers all 27 European Union members as well as Norway and Switzerland.

In the Euro Health Consumer Index for 2007, the annual survey of EU healthcare, the Portugal healthcare service ranked 19th out of 29 countries for their public healthcare systems.

In terms of patients waiting to be seen by a doctor, Portugal failed, receiving seven out of a maximum of 15 points, and also received bad ratings in the analysis of mortality related to heart disease, operations to cataracts, and the lack of dental coverage on the public system.

On a positive front, Portugal was praised for dramatically reducing its child infancy mortality rates, vaccinations of children and access to information over the telephone.

Portugal was deemed intermediate when it came to a second opinion, access to innovative drugs and cancer survival rates beyond five years.

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Thousands mourn the death of president's father

Maria and Anibal Cavaco Silva during the funeral ceremony of Cavaco Silva's father Teodoro Cavaco Silva

President Cavaco Silva and his three brothers, his wife and children made their way to the small Algarvean village of Boliqueime where he was joined by thousands of well-wishers in saying a final goodbye to the president's highly-adored 95-year-old father.

Donning dark sunglasses and standing out of shot of the camera's lenses, the Portuguese President was reportedly 'crying desolately' as an urn with his father's remains was lowered into the ground.

Also present were political leaders Felipe Menezes and Marques Mendes, who both paid their respects to Cavaco Silva.

A number of well-known PSD politicians, dignitaries and ex-ministers made their way to the funeral, as well as current governmental figures and mayors from around the country, so many that the quaint Boliqueime church proved too small to accommodate all of the participants.

Teodoro Silva's closest friend, 93-year-old José Gonçalves Cabrita, was stopped from going to the funeral due to a broken leg, but since told journalists of his friendship with the President's father.

They met in 1935, when Teodoro Silva was a dried fruit merchant and José dealt in iron.

José told of how the two embarked on a five-day trip to Seville some 70 years ago, leaving their wives and children at home, and how his friend's son, Aníbal Cavaco Silva, was granted a scholarship at a time when his father's business was dwindling.

"Someone owed Teodoro money but his son was granted a scholarship. Teodoro said his son was 'going to study to replace Salazar'".

Portuguese presidency gets 'positive' grade halfway through its mandate

Lisbon and its EU partners view the execution of the bloc's Portuguese presidency as "positive" as the six-month mandate nears its halfway point, State Secretary for European Affairs Manuel Lobo Antunes said.

The European Parliament and other institutions showed "very positive reactions and a very positive environment" towards the initiatives and successes achieved so far by Lisbon in its third round at the bloc's helm since 1992.

"Some of the established objectives have been reached, but some very difficult and complex dossiers lie ahead" in the countdown to the conclusion of Portugal's mandate at year's end, he said.

Lobo Antunes expressed hope that the Council of Ministers set for October 18-19 in Lisbon will see the unanimous approval of the bloc's Reform Treaty, the presidency's "absolute priority", freeing Lisbon to concentrate on other challenges.

"The conclusion of the accord in October will obviously bring new confidence, renewed optimism, so that we can move forward in a more constructive, more united and more positive spirit" to deal with other initiatives, he said.

Lisbon has already achieved one of three primary objectives it set for its presidency: the lifting of EU-Brazil relations to the level of "strategic partnership" at an unprecedented summit on July 4 in the Portuguese capital.

With indications mounting that work is progressing well on the Reform Treaty, a charter that will break bottlenecks in EU institutions and decision making, Lisbon hopes to see the treaty approved in October, permitting it to focus even more intensely on its third major priority, the hosting of a long-delayed second summit between Europe and Africa, that is set for December.

TPN/Lusa

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Thousands of police officers take to the streets in protest

More than three thousand police officials gathered earlier this week in Lisbon's Park of Nations to protest against the lack of support and backing given by the Portuguese Government, generated by what they say is the non-existence of certain rights concerning health, career and retirement.

"Sócrates, pay attention, the police are right", is what was collectively shouted by the mass gathering, along with "Sócrates listen, the police are fighting".

Their goal was to call the Government's attention to what officers term unsuitable working conditions with which the police are faced every day, as well as the loss of privileges concerning health assistance, career progression, and pensions.

At the time of the demonstration, which saw over three thousand men and women gather from all over Portugal, the Ministers of Justice and Internal Affairs of all 27 European state-members were meeting in the neighbouring Atlântico pavilion.

A manifestation of solidarity with Portuguese police also took place in Germany, organised by German police, outside the Portuguese consulate in Düsseldorf.

A policeman holds up a placard which says "To be a policeman in Portugal = a violent profession, without rights, quick death, a pro-state pension. Is it worth the fight?". He was taking part in a demonstration in Nations Park in Lisbon on Monday. (Photo: Lusa / Mário Cruz)

Lisbon to host ministerial meeting on gender equality

European Union ministers responsible for gender equality meet informally this Thursday in Lisbon to discuss good practices in the 27 member states and the promotion of policies and measures that favour gender mainstreaming, among other issues.

The talks will focus on relevant aspects of the seven-year-old Lisbon Agenda, the European Pact for Gender Equality and the European Commission's Roadmap for Equality between Men and Women 2006-2010, officials said.

The discussion will follow up on the Declaration 'Towards Gender Equality in the European Union', signed by the trio of presidencies (former, current and next) during Germany's EU presidency term in the first half of 2007.

The trio's second declaration will be signed in Lisbon and centres on equality between men and women in the Lisbon Agenda for Jobs and Growth.

Parallel to the ministerial meeting a conference of gender equality experts will be held, with the theme topic of 'Employability and Entrepreneurship – Gender Stereotypes'.

Portuguese minister Pedro Silva Pereira, who holds the gender equality portfolio, told the European Parliament last July that the programme for Portugal's current EU presidency term would be based on ensuring that gender issues are considered in different sector policies, promoting gender employability and entrepreneurship, and seeking better ways to reconcile work and family responsibilities.

While the employment of women has been increasing in the EU, they are still paid an average of 15% less than men for each hour on the job.

The EU member states are seeking to implement an active employment policy to ensure more and better jobs in Europe, with a target of 60% female employability by 2010.

Spanish Vice-President Maria Teresa Fernandez de la Vega made an appeal for women's integration Monday at the opening of the Third Meeting of Leading Iberian-American Women in Madrid, which served as a preamble to the upcoming ministerial meeting in Lisbon.

The promotion of full equality between men and women is a "demand for justice", she said, adding that she hoped to continue working to achieve "a new social pact in which social relations are entirely on a basis of equality." *TPN/Lusa*

Lisbon hails liberalisation of postal services

An agreement reached on Monday among EU member states to partially liberalise postal services in the bloc is a "historic decision of major importance for Europe", says Portugal's minister of public works, transport and communications, Mario Lino.

Speaking at the end of day one of a two-day meeting in Luxembourg of his EU colleagues, Lino said EU states had agreed to back a draft directive aimed at establishing an internal market by opening postal services to competition in most member states by the end of 2010.

Eleven members of the 27-state bloc will have until 2012 to liberalize their postal systems. Lino highlighted the decision to safeguard the universal service for mail under 50 grams. It is now up to individual member states how to subsidize this service, he added.

On Tuesday, the ministers turn their attention to a recent proposal from the European Commission to finance the Galileo global positioning system through surplus union funds, given the failure in attracting private sector investors for the 2.4 billion euros project.

The European Parliament is expected to take a final position on whether to advance with Galileo by the conclusion of the Portuguese presidency at the year's end. *TPN/Lusa*

Best year ever as summer fires are almost non-existent

This year's 'fire season' has officially drawn to an end with historic results regarding the amount of hectares that burnt, thought to have been aided by unusual rainy spells.

Analysts attribute the greater efficiency in responding to fires as well as a better-informed population and more equipment available as the main factors in the record-braking figures.

This year registered the least amount of land burnt ever, as well as a significant drop in incidents.

However, the positive balance may bring about a less positive discussion concerning the system's economy, with specialists pointing there may have been superfluous means to tackle fires than actually needed.

Hermínio Botelho, professor of the Trás-os-Montes and Alto Douro universities, is currently investigating this latest suggestion after being requested to carry out an evaluation of the year's response plan.

First conclusions could be issued next week.

During spring this year it was feared that 2007 would see an unusually hot summer, however the fears proved unfounded.

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Prisoners taught the art of wine-making

Inmates of Leiria's old 'Prison-School' were given a week out of the ordinary by making the most of their time behind bars to learn a new skill, in this instance, winemaking.

Situated amongst grape vines, the pedagogical land surrounding the prison was last week filled with younger inmates, who were taught techniques and tips to make quality wine.

Their produce will be put on sale as part of a short-term project.

A collective goal is to develop a brand and market a wine produced by prisoners using the establishment's vineyards, for which a project has been outlined and awaits approval.

The land is already used to produce some 30 thousand litres of wine that is sold on a national scale. It is the inmate's intention to improve the quality of that wine.

Prisoners help with the harvest on Sunday in the vineyards at the Leiria Prison. (Photo: Lusa / Paulo Cunha)

Sócrates 'very confident' Reform Treaty will be approved in Lisbon

Prime Minister José Sócrates, acknowledging outstanding "problems", has said that the Portuguese EU presidency is "very confident" that European leaders would approve the bloc's Reform Treaty in Lisbon next month.

"I'm very confident" that compromises will be reached on remaining treaty snags "because I have good reason to believe that all Europe's leaders are very conscious of the need for the European Union to reach an accord in order to strengthen Europe", Mr Sócrates said in Brussels.

Speaking after the close of a forum on the EU's cohesion policy, he downplayed the potential obstacles posed by uncertainties raised by Britain and Poland, in the technical and judicial review of the draft charter presented by Portugal.

Mr Sócrates said he was confident the treaty would be approved at the October 18-19 European Council in Lisbon, because he was receiving "signs of political commitment and will from my colleagues".

A new treaty, breaking the institutional impasse within the union, would come as a "good sign" for Europe's economy, its citizens and for the world, the Portuguese prime minister said. *TPN/Lusa*

'Fighting defeatism' main task of new Portuguese spokesman in Afghanistan

Portuguese General Carlos Branco, the recently appointed spokesman for the allied ISAF force in Afghanistan, has described his new mission as "fighting defeatism" and rolling back the "false idea" that the Taliban insurgency is winning.

General Branco, interviewed by Lusa ahead of his departure for a media course at NATO headquarters in Brussels, said his appointment as ISAF spokesman came in recognition of Portugal's "national political commitment" to "peace and international security matters" involving the trans-Atlantic alliance and the "operational quality" of the Portuguese military.

"Fighting defeatism and avoiding success for the false idea that the Taliban are inflicting military defeat on NATO forces" are his primary tasks, General Branco said. *TPN/Lusa*

Flu jabs now on sale

As of this week, 1.6 million anti-flu vaccinations are being stocked on pharmacy shelves across Portugal, ensuring protection for around 15 per cent of the population. This forms part of the National Health Board's (DGS) strategy to cover a minimum 60 per cent of all those over 65 years of age.

Last year's flu season saw a significant rise in over-65s being vaccinated against the virus, covering an estimated 50 per cent of the aging population.

This year, authorities want to give special priority to elderly people in homes, where the goal is to cover as near to 100 per cent as possible.

To achieve this target a special awareness campaign was launched, devised and promoted by doctors and regional health delegates, alerting institutionalised elderly people about the need to be vaccinated against flu.

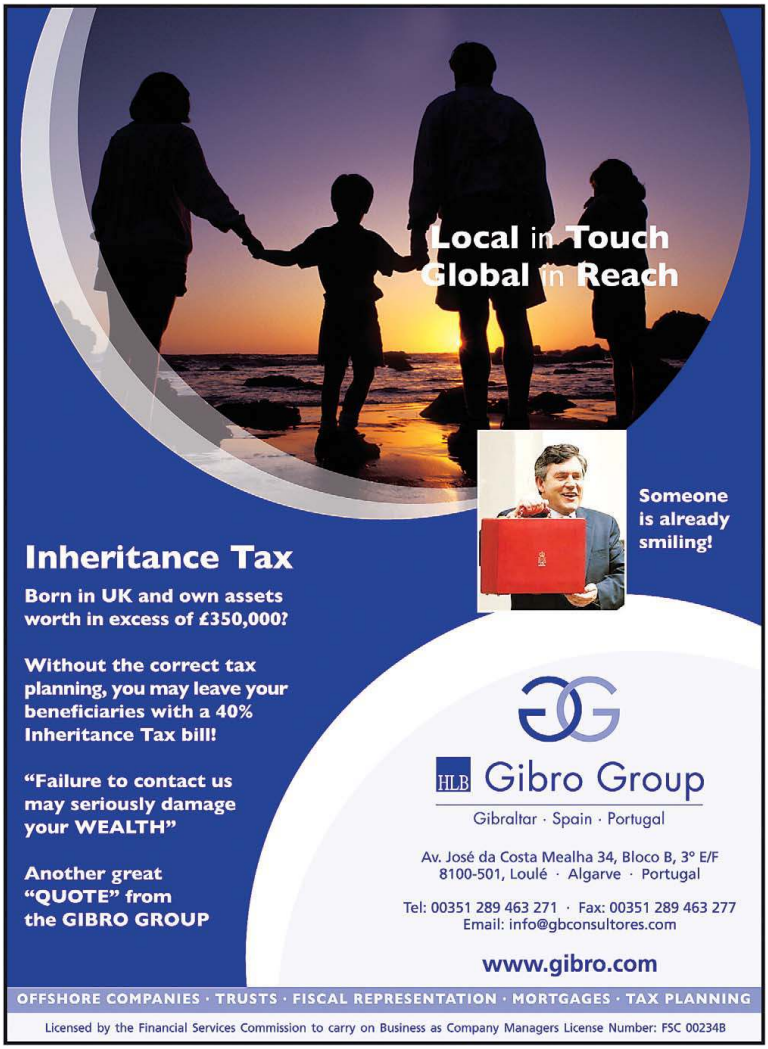
Even though the jab can be administered to anyone over the age of six months, the DGS recommends that only children with chronic diseases, such as asthma or cardiac problems, should have it.

By prolonging validity dates on prescriptions for the vaccination, so prescriptions can be made in advance, the State secretary for Health hopes to reduce the risk of over-running pharmacy stocks and services.

In a statement it was confirmed, "Medical prescriptions exclusively for vaccinations against flu, for 2007/2008, can be made from September 1st, and will be valid until December of this year".

A specifically designated group of specialists has been created, assigned to follow the progress of the vaccination during the 2007/2008 'flu season', which should be administered in October or November, though is effective and can be taken throughout the entire autumn/winter period.

So far, Infarmed, the national authority for medications, has approved and authorised the sale of seven different types of flu jab.



PM urges 'more selective' policies to assure jobs, economic growth

Using Portugal as an example, Prime Minister José Sócrates capped a meeting on the European Union's "cohesion policy" last Friday, urging the "more selective" application of union funds in growth-related investments to help lift the EU's economically weaker partners.

Prime Minister Sócrates, speaking for the Portuguese EU presidency, told the final session of the 4th European Cohesion Forum in Brussels that it was "absolutely indispensable" to become "more selective" because all projects are not alike in terms of their potential for sparking economic growth.

Acknowledging that Portugal had "delayed in learning" the lessons of selectivity after joining the union in 1986, he said Lisbon's initial attitude to the influx of cohesion funds had been one of "spend all the money".

Today, he added, Portugal's outlook was to "spend the money well" by carefully choosing projects with the potential for positive impact on development, the economy, capacity building, know-how and innovation.

Mr Sócrates also called for a greater convergence in the objectives of the cohesion policy and the Lisbon Agenda, the strategy adopted under the preceding Portuguese presidency in 2000 to make the EU the world's most competitive economic power.

The two dynamics, he said, should focus on jobs and economic growth, goals he described as the foundation of cohesion among the 27-member bloc.

The Portuguese prime minister praised the EU's commitment to economic and social cohesion, saying the policy represented "the best" of Europe's ideals in its drive to "leave no one behind".

The cohesion policy, he added, had learned to "live and modernise with changing times", with "flexibility and adaptability" composing "one of the secrets of its success". *TPN/Lusa*

Anticipation of vote on wine sector reform

Agriculture Minister Jaime Silva expressed the "satisfaction" of Portugal's EU presidency on the European Parliament's decision to move up debate and voting on the proposed reform of the wine sector to December from February.

"I think the European Parliament understood the interest and importance the Portuguese presidency places on wine reform and, above all, the importance that the Council attributes to the need to quickly tell farmers what are the policy orientations for the sector's future", Silva said in Brussels on arriving for an informal meeting of EU agriculture ministers.

"We are pleased" that parliament changed the dates of debate and voting on the issue, he said, adding that the move brought "more responsibility" to Lisbon's presidency, which runs through year's end.

He said the Portuguese presidency would work to achieve a "political consensus" on the proposed eradication of 200,000 hectares of vineyards under a programme billed as "Producing Less and Better Wine".

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Europe against 'paying bill' for US financial turmoil

Europe's economy should not have to "pay the bill" for the current turbulence in US financial markets, the EU's Commissioner for Economy and Monetary Affairs said.

Joaquín Almunia, interviewed last week by Lusa in Brussels, said the euro "can not be the currency that pays the bill for the imbalances of other economies in the world", a reference to the recent turmoil in the US sub-prime market that the commissioner underlined should be "adjusted".

"The doubt is in knowing to what extent" the US economy "will affect, or not, the growth of Europe's economy", Mr Almunia told Lusa, adding that he hoped the impact would not be great.

The depreciation of the US dollar, he said, was "not a surprise" because the US economy was in "a clear process of slowing down" and its imbalances, "particularly in foreign debt, continue to have a great dimension".

"The European economy is not contributing to global imbalances and it is not just that the euro pay the bill for these imbalances", he stressed.

The appreciation of the euro against the dollar posed a "complicated situation" for European exporters, he said, noting, however, that "not everyone suffers" as the weaker dollar had reduced the cost of imported raw materials, namely oil.

"Today we are paying for oil in euros at prices lower than those we faced in 2006", Mr Almunia said. He said emerging economies, especially in Asia, were the prime motor of the world economy today and he praised the "very positive" role played by the European Central Bank in stabilizing prices in recent years.

"Inflation is currently at a level compatible with the objective of stability and prices" set by the central bank and any tightening of interest rates was due to "market conditions", not the ECB, he added.

"The longer it takes to normalize the financial markets the greater will be the negative consequences for economic activity", Mr Almunia warned, adding he was hopeful because "there are solid economic bases".

Sunset venue for SG Hambros Private Bank

As the sailing ship Condor do Vilamoura sailed into the glorious Algarve sunset pm 26th September, SG Hambros Bank played host to selected guests with a champagne reception. SG Hambros, part of the Societe Generale Group, delivered a presentation of its services onboard the Schooner. The presentation was well received by all.

When a cloud of 500 black and red balloons was released and disappeared into the skies, it was indeed a memorable sight. This was followed by a special dinner held at a Vilamoura Marina restaurant. With this event SG Hambros Gibralter reinforced their commitment to deliver quality private banking services in the Algarve.

This event was organised by Marco and Celia Mendes from In(E)ventos, who can be contacted on (00351) 919506701, Email: cmcmmendes@netc.pt.

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Climate change: evasion replaces denial

When denial fails, try evasion. Almost all the climate change deniers, even President George W. Bush, now allow the forbidden phrase to pass their lips, but that doesn't mean they have really accepted the need to do something about it. The preferred tactics now are distraction, diversion and delay.

Firefighters pile sandsacks after a breach of a levee by the Innerste River near Heersum, Germany. Despite many dam breaches, for the first time the situation seems to improve, in the flood areas of Lower Saxony. It is possible that the red alert declared after the strong floods on the weekend could be lifted as soon as the situation in the hardest hit communities Bad Salzdetfurth and Holle slowly improves. (PHOTO: LUSA/EPA/Peter Steffen)

That's why the US government held a mini-summit on climate change last week just two days after the United Nations held a one-day summit to prepare for the December meeting in Indonesia that must set the targets for deeper cuts in greenhouse gas emissions in the period after 2012, when the current Kyoto Protocol expires. The Bush administration, which refused to ratify the Kyoto pact, doesn't want any hard targets at all, so the name of the game is sabotage.

"Each nation must decide for itself the right mix of tools and technology to achieve results that are measurable and environmentally effective," Mr Bush said. In other words, there should not be negotiated targets for actual cuts in emissions, with penalties for those who do not meet them. "By setting this goal, we acknowledge there is a problem," said the US president. "And by setting this goal, we commit ourselves to doing something about it."

What he proposes to do about it is to host another conference next year to "finalise the goal" (but not a mandatory goal, you understand) and discuss ways of attaining it. Then there could be another conference in 2009, and another in 2010....

Evasion and delay. The aim is to prevent the Kyoto accord's 144 signatories from setting hard targets for deep emission cuts, or at least to provide a plausible political shelter for governments that oppose mandatory cuts but need to look like they are fighting climate change in the eyes of their own peoples. That shelter, which is now called the Asia-Pacific Partnership, was set up last year, and last week it gained a new recruit: Canada.

The six existing members are the United States and Australia (huge emitters of greenhouse gases that never joined the Kyoto process, and until recently were climate change deniers); China, India and South Korea (Kyoto signatories that, as developing countries, were exempt from emission limits under the existing treaty, but fear that they would face limits in the next phase); and Japan (which accepted a Kyoto target for 2012, but has no hope of meeting it now without heroic efforts). Together, they account for half of the world's emissions.

The new member, Canada, is a big emitter that committed itself to reduce emissions under Kyoto but made no effort to reach its target. The fault mostly lies with previous Liberal governments, but the new Conservative prime minister, Stephen Harper, is a former climate change denier who is seeking a way to welsh on the commitment. A large majority of Canadians support Kyoto, so he needs political cover, and the Asia-Pacific Partnership might give him some.

The Bush administration has thus succeeded in splitting the world in two on the climate change issue. An overwhelming majority of the 39 developed countries have agreed to get back below their 1990 level of greenhouse gas emissions by 2012, and will meet their targets (usually about 5 percent below) or at least come close. A few rogue industrial countries have shunned the Kyoto process entirely or missed their targets very badly, and they have now joined with the most rapidly developing countries (whose emissions are soaring) to subvert or evade the next phase of cuts.

It's exactly what you would expect in any large undertaking that involves many different countries, and there's no point in getting upset about it. The only question is how to get past it.

Australia will probably join the post-Kyoto process as soon as Australian voters have dumped Prime Minister John Howard, a serial climate change denier who looks certain to lose the election later this year. After six years of intense drought, Australians are losing their scepticism about climate change. So are Americans.

Seventy percent of Americans now identify climate change as a major problem, and in the face of the federal government's obstructionism many states are pressing ahead with their own greenhouse gas reduction programmes. As California Governor Arnold Schwarzenegger (who has committed his state to deep cuts) said at the UN summit: "California is moving the United States beyond debate and doubt to action..What we are doing is changing the dynamic."

An even bigger problem is the Asian giants, China and India, whose hopes of achieving full developed-country status depend on historically unprecedented economic growth rates. They will not abandon those hopes while other countries still live in lavish consumer societies. So how can they be persuaded to accept emission controls?

With great difficulty, but it is their climate too. The deal will require the old industrialised countries to take even deeper cuts in their emissions in order to leave the emerging ones some room to grow. It must also involve technology transfer and direct subsidies from the old rich countries to help them switch from CO2-intensive technologies for power generation (like two new coal-fired generating stations in China each week) to cleaner ones.

That will be one of the most difficult political bargains that has ever been negotiated, but the prospect of global disaster may help to concentrate people's minds.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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More police for city streets

Reports this week have confirmed a boost of 150 officers for Lisbon's metropolitan police brigade, something that Lisbon Mayor, António Costa, is said to be 'clearly satisfied' with.

Representing a 37 per cent boost, the new additions will mainly provide extra traffic policing and street patrolling around the municipality.

Mayor Costa described the reinvestment as "necessary", as the existing Municipal Police force was "rather weak".

He further reminded that, due to adaptations in construction laws, to be put in place next March, more fiscal officers would be also needed.

The changes look to simplify building restrictions and make authorising new developments easier and quicker, though they will require more policing and fiscal officers on the ground.

American Ambassador resigns

Americans in Portugal Club hosted another successful luncheon event at the Cascais Cultural Centre restaurant, Wednesday, attended by 55 members, friends and guests of all nationalities.

AmP heard David Ballard, the new Deputy Chief of Mission at the U.S. Embassy speak on Bilateral Relations between the United States and Portugal; and were then told of a major shake-up at the American Embassy, in Lisbon.

Mr. Ballard, in answer to a question about what the final two years of the Bush administration would mean in Portuguese-American relations, announced that the present American Ambassador, Alfred Hoffman, had submitted his resignation, and will be replaced by President George W. Bush's nomination, made September 12, of Thomas F. Stephenson. The Ambassador Designate, Mr. Stephenson, a graduate of Harvard College, received an AB degree in 1964, his Harvard Business School MBA in 1966, and a Boston College Law School JD in 1969. He was formerly a General Partner in the Silicon Valley, California, venture capital firm of Sequoia Capital; and was active in the George W. Bush Presidential campaign in 2000. Most recently, he served as Finance Chairman of the California Republican Party.

Americans in Portugal will host a traditional American Thanksgiving Dinner, on Thursday, November 22nd, beginning at 7.30pm in Cascais. The dinner, which will cost €25, is open to the public, however reservations are necessary. Reservations can be made by contacting Don David Price, Director of AmP, at ddprice98@hotmail.com; or telephoning him at 918 155 116 beginning November 10th. The absolute deadline for reservations will be November 15th.

The all-you-can-eat Thanksgiving Dinner will consist of 'Gourmet style' Roast Turkey served with all the trimmings, including American-made stuffing, candied sweet potatoes, mash potatoes, green beans with almonds, a vegetable medley, cranberry sauce, and salad – and choice of red or white wine, water and soft drinks. Desserts of pecan and pumpkin pies will be accompanied by vanilla ice cream, and choice of coffee or tea.

A Raffle will be held for those in attendance and prizes will consist of dinners for two people at local restaurants, and other donations which will be announced later in November. Plan to attend. For further details, and to view downloadable photos of all Americans in Portugal events check the website: http://amportugal.planetaclix.pt.

Deputy Chief of Mission, David Ballard, addressing the Americans in Portugal luncheon in Cascais.

Train passengers fear attacks as authorities guarantee crime rates are falling

Passengers travelling on CP trains, particularly in and around Sintra, are said to travel in fear of attacks and muggings, following a constant series of incidents despite authorities and Comboios de Portugal (CP) officials guaranteeing criminality on trains has fallen significantly over the past year.

Last Sunday yet another incident targeting this mode of transport took place in the stations of Amadora and Monte Abrãao, Sintra, when a group of 30 youths pelted trains with stones.

Of the large gang only one member was detained, for threatening a ticket inspector with a gun, though was released a short while later.

However, according to Paula Monteiro, a spokesperson for the PSP Metropolitan Police Force, there has been a 13 per cent drop in train-related crime over the past year.

"Taking into account comparative figures from 2007 and 2006, until the months of August, there has been an estimated 13 per cent drop.

A total 164 crimes were reported in 2006, and 143 in 2007", she said, adding that in 2005 there were 127 incidents reported.

Despite this information, many people still fear using CP trains, particularly on the Sintra line. Passengers complain that, even after reporting incidents and the individuals being caught by police, "they are never held". Some passengers refuse to use the Sintra line after 18h00, saying, "It's not worth the risk".

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Pat Westheimer

When asked the secret to his longevity, Stuart Schulyer, who turned 89 on September 26, answered, "Order the house wine. It's just as good as the others and wait until you are 88 to have heart surgery." Bounding with optimism, good humor and a life full of friends and adventure, Stuart epitomizes the positive spirit that generally graces those who live life to its fullest, longest and healthiest.

I have known Stuart for the 16 years I've lived in Portugal. But we were never close until recently. I have no idea why not, but what I do know is that I missed out on one of the most upbeat, interesting and intelligent ex-pats I've ever met. Our friendship blossomed this year as we discovered our mutual enjoyment of good food, good laughter and many mutual friends. Then we started the lunch bunch: Stuart, his ebullient, garrulous friend ,Eusébio, and I started meeting regularly at Paradox, the vegetarian restaurant in Cascais, ably run by Gino who has become our friend as well. (I'm using multi-syllable words because that's what Stuart does, not to show off, but his impressive vocabulary has encouraged me to build mine as well. By the way he also does the Sunday crossword puzzle to completion. I have yet to begin even one!) Our lunches start after 1 pm. and often linger way into the mid-afternoon .(Eusébio is Spanish and cringes at early meals) Our topics range from politics (he's a raging liberal as am I), to religion (banish the word!) to world events, back to politics and the "B" word that neither of us dare utter often. In fact Stuart was the first to show me his Bush Countdown Clock (www.nationalnightmare.com) which he often wears proudly displaying the number of days, hours and seconds remaining until the end of the Bush regime.

His favorite topics also range from the Spanish Civil War to WW II where he saw duty in southern Italy with the 376th Bomb Group, he flew about 30 combat missions and won two Presidential Unit Citations among other awards. When Stuart talks about the war days his mind is as clear as if the events occurred last month. So lucid is his thinking that when US tax season comes Stuart volunteers at the US Embassy, assisting in free tax preparation for Americans. When most of us struggle with our complex forms and figures, Stuart, in his late 80's, sits patiently and assists the numerous Americans and Portuguese-Americans who come for help. Most octogenarians I know are happily rocking in their back yards enjoying the odd nap or glass of wine, but Stuart is inevitably busy: he's invited out frequently for lunches, dinners, swims and meetings. His answer for as long as I've known him is always "yes". Maybe it's his sunny disposition that has contributed to his long life, or maybe it's the glass of wine or other spirits that have kept him healthy all these years. When I asked Stuart about his family history, specifically his parents, as many believe our genes determine our destinies, he remarked, " They were hard working people and we had little in common. I was often invited over to my friends' homes (no surprise) so I spent little time with them." Then he adds, graciously, "But of course they were wonderful people."

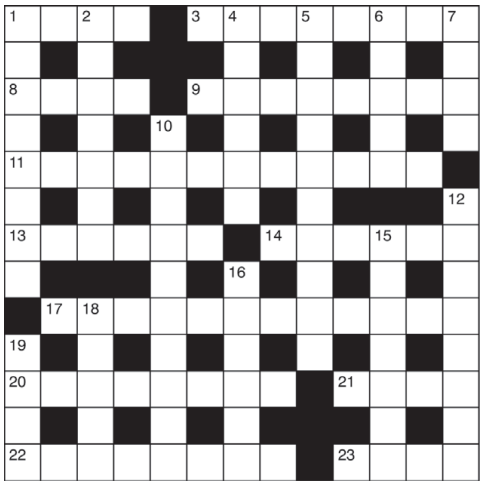
This summer as we all scattered for our diverse trips, Stuart and Eusébio went to New York for their annual visit with friends. We stayed in close touch through the convenience of email and internet conversations. With little warning, Stuart was told that at 88, on the cusp of 89, he would need heart bypass surgery. And soon. He wanted to wait, to come back to Portugal to pay some bills, see some friends. But I gathered the Drs. thought otherwise. One week later Stuart received a new artery. Those many of us who care deeply about him waited eagerly and sometimes anxiously for news of his progress. Some days looked sunny, a few seemed difficult, but what else would one expect from an 88 year old undergoing such a complex procedure? Finally, four weeks later, Stuart asked me to call my reliable taxi driver, Jaime, to pick him and Eusébio up at Lisbon airport. Yes, Stuart was coming home with a heart working better than ever. I arrived in Cascais two weeks after they did, eager to resume our regular lunches at Paradox. Some people dwell on their illnesses, relate all the detail of their surgeries, but not Stuart. As he dug into his homemade apple pie, he was already planning his upcoming birthday, talking about his imminent trip to Spain and celebrating "the good life" that Stuart has always known.

Happy birthday, dear Stuart and many more.

patwestheimer@gmail.com

Stuart Schulyer

The Portugal News Crossword No. 162



QUICK CLUES

ACROSS
1. Kind (4)
3. Helped (8)
8. Mid-day (4)
9. Solid (8)
11. Loving (12)
13. Pantry (6)
14. Famish (6)
17. Endless (12)
20. Fragrant (8)
21. Chrysalis (4)
22. Went before (8)
23. Unemployed (4)

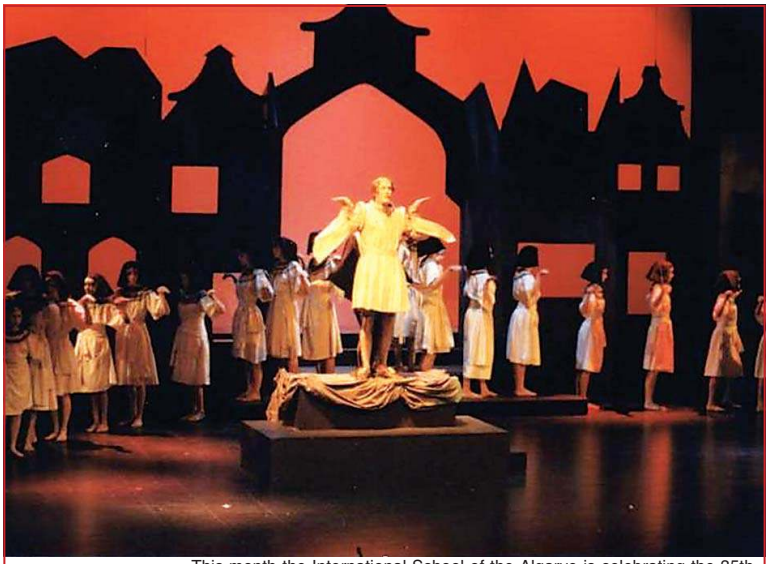
DOWN
1. Feeler (8)
2. Volunteer (7)
4. Impassive (6)
5. Unsteady (10)
6. Handle (5)
7. Action (4)
10. Speed up (10)
12. Drink (8)
15. Fly back (7)
16. Absorb (6)
18. Lasso (5)
19. Moist (4)

QUICK SOLUTIONS No. 161

Across: 1 Abnormality; 9 Protect; 10 Stair; 11 Obese; 12 Inroads; 13 Twenty; 15 Billow; 18 Neutral; 20 Tutor; 22 Train; 23 Anguish; 24 Necessarily.

Down: 2 Broke; 3 Overeat; 4 Metric; 5 Loser; 6 Travail; 7 Opportunity; 8 Trustworthy; 14 Emulate; 16 Integer; 17 Allays; 19 Range; 21 Trill.

The International School of the Algarve 35th year celebrations



This month the International School of the Algarve is celebrating the 35th anniversary of its foundation.

This month the International School of the Algarve is celebrating the 35th anniversary of its foundation. As part of the festivities, thirty talented singers from the School will be joined by fifteen adult singers to perform 'The Happy Prince', an opera by Gita Nasta.

Ms. Nasta, founded and directed the Brussels Youth Opera, staging regular events throughout Belgium, and performing in Ireland at the opening of the Waterford International Opera Festival in 1996. Composer of seven operas and five musicals, Ms. Nasta has always been motivated by younger voices. Since her arrival in the Algarve a decade ago, she has become well known for her work with young singers at the International School of the Algarve.

The first performance of 'The Happy Prince' was at the Palais des Beaux-Arts in Brussels in 1981. Since then the opera has been performed many times in English and Dutch. The opera is set in a mediaeval city and the large cast includes two principals, seventeen soloists and a chorus. The music is melodic and catchy and the opera is accompanied by a small ensemble.

The International School of the Algarve's performance of 'The Happy Prince' takes place at the Hotel Almansor, Carvoeiro, on 19 and 20 October at 20.00 and on 21 October at 15.00. Tickets are available from the School Office and also from the charity group 'Friends of Cambodia'. The performance lasts ninety minutes and there will be an interval. (Sorry, no children under five, but everyone else is welcome.)

Faithfully following Oscar Wilde's touching fairytale, the opera tells the story of a golden statue of a prince who stands high above his city observing the misery and suffering of the poor. He persuades a little swallow to delay his flight south and to take all the prince's gold and jewels to share out among the poor. The swallow has many adventures in his role as messenger.

The International School is covering all the costs of this production. The proceeds from ticket sales will be donated to the charity, 'Friends of Cambodia' to support health and educational projects for Cambodian children. Tickets cost 5 euros and can be purchased in advance at the International School Office (282 342 547) or through 'Friends of Cambodia' (964 877 032).

afpop Matters

Better Living in Portugal (BLiP) Exhibition

Request for Non-binding Bids representing expressions of interest to manage the annual BLiP Exhibition on a turnkey basis

AFPOP's BLiP Exhibition is held once a year in the Algarve to bring together a wide variety of service providers and members of the public with a view to enhancing business opportunities and levels of customer satisfaction.

It remains ***AFPOP***'s policy to contract out the management of its BLiP exhibition on a turnkey basis: a three-year contract is the norm

The three-year term of the existing contract between ***AFPOP*** and its appointed contractor expires after the BLiP Exhibition in October 2007

To that end ***AFPOP*** is seeking to appoint an entity under contract to manage its BLiP exhibitions during 2008, 2009 and 2010. The appointed contractor will operate on a turnkey basis, being responsible for the development, sales and delivery of the BLiP exhibition in accordance with a plan submitted by the contractor and approved by ***AFPOP*** at the outset

Interested parties are invited to submit **non-binding bids** (representing expressions of interest to manage the annual BLiP exhibition on a turnkey basis) by Friday 12th October 2007 to the following address:

The Chief Executive Officer, ***AFPOP*** - Apartado 728, 8501-917 Portimão

……..

Non-binding bids are required to include the following information:

- Bidder's profile (background, history, capacity and financial standing)
- Bidder's relevant experience
- Any other pertinent information the bidder chooses to include

AFPOP will consider the **non-binding bids** and will pre-qualify bidders by Friday 2nd November 2007

The result of the pre-qualification process will be communicated to all pre-qualifying bidders on that same date, and at which time the successful pre-qualified bidders will be invited to a clarification meeting with ***AFPOP*** representatives, preparatory to submission by them of binding proposals by a date to be agreed.

Piano trio triumph

Friends of the Museu do Trajo Algarvio in São Brás opened their 2007-2008 season of classical music with a trio of well known Portuguese musicians.

Raquel Correia (piano) Inês Barata (violin) and Miguel Rocha (cello) gave a concert of astonishing quality. Inês and Raquel began with a Bach Sonata (BWV 1015) and were joined by Miguel for Trio no 1 by F J (Papa) Haydn, ´that master of exquisite musical form, logic and balance´(Greene). The closing Presto left our audience quite breathless. The music is not unknown, and people said they had not realised that Haydn could be so sweetly tuneful. During the interval the audience were served an assortment of tapas in the Museum´s very attractive grounds. Miguel and Raquel opened the second half with works by Fauré, Freitas (Nocturno) and Glazunov (Chant du Ménestrel). The cello was called on for some noble work in each of these three pieces and the climax of the concert was an electrifying performance of the Trio op 90 (Dumky) by Dvorak, who is well known for his love of the cello, and this work showed cello composition and playing at its best. It was a work unfamiliar to most of the audience, but quite stunning in its compass and energy. Said Raquel after the encore, ´We enjoy playing at the Museum for two main reasons. The acoustics here in the Museum Gallery area are as good as any in the Algarve and the audience is so warm and enthusiastic. The energy we feel from the floor allows us to play so much better.´ Director of Friends of the Museum, Lynne Booker, said, ´We are an international organisation in a Portuguese context and this ensemble of world class musicians also attracted many Portuguese concert-goers and new Friends to our concert hall here in the Museum. Our objective with classical music, as with our other activities, is to provide a rich and varied programme for people of all nationalities by attracting world class performers and also promoting young talent.

Lynne Booker

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.
That's all there is to it.
There's no maths involved. The grid has numbers, but nothing has to add up to anything else.
You solve the puzzle with reasoning and logic.
It's fun. It's challenging. It's addictive!
Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

				9				8
6	9					7		
	3			8	7			2
				5			2	
			4		9			
	5			7				
7			6	4			3	
		6					4	1
2				3				

Last weeks solution:

3	2	7	1	5	8	6	4	9
1	6	9	4	2	3	5	8	7
5	4	8	9	7	6	3	2	1
6	3	5	8	4	7	1	9	2
2	7	4	3	9	1	8	6	5
8	9	1	2	6	5	7	3	4
9	5	6	7	3	4	2	1	8
4	8	3	5	1	2	9	7	6
7	1	2	6	8	9	4	5	3

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

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Fresh Expressions: changing church for a changing world

Fresh Expressions is an initiative developed by the Church of England and the Methodist Church to introduce and reintroduce a knowledge of Christ to those folk who are both unchurched or have lost touch with church. The latter is especially pertinent here in the Algarve where we have moved from 'parishes' and now live in a scattered situation.

Fresh Expressions of church are new and different ways of being a church in a changing culture. It embraces and encompasses all age groups in the UK and caters for different interests: from youngsters at a skate park to a weekly lunch club for the elderly, or the new form of church might be directed towards schools and young families. Some Fresh Expression churches concentrate on alternative worship styles with a postmodern multi media approach, relating worship and culture.

Another example is the Cafe Church, 'worship' is informal, engaging with cafe culture, with folk gathering around tables for coffee and nibbles, with interaction rather than spectating encouraged, but not compulsory. One of the benefits of meeting in this way is that it is not necessary to go to church on a Sunday, the day and time to meet will fit with folk's needs. In today's culture, which is secular and fast moving with the Internet, multiple choices, and drinks and food 'to go', the Cafe Church can offer 'sound bites' in a busy schedule.

All Saints Anglican Church will be launching Fresh Expression Cafe Church shortly, but first they need to know if you would be interested in a contemporary form of worship or discussion group where you live in the Algarve, the southern Alentejo or in Western Spain. So please give them a call and tell them where you are: Priest in charge; Rev'd. Eric Britt. Tel: 282 380 311

Lay Curate: Jackie Nevill. Tel:282 338553 TM:914781453 jackie.nevill@world.net.pt

Jill is back again!

Many of you who are familiar with Jill Kinsey and her ongoing work with AIDS affected orphans at the Children's Centre in Semankong, Lesotho, Africa, may not be aware that she is here for a short stay in the Algarve on one of her periodic visits.

If you would like to meet or renew acquaintance with Jill, you are welcome to come along to the International Christian Fellowship at Av 25 de Abril, lt.17, Portimão on SUNDAY OCTOBER 14 at 11am, where she will be giving an account of her current situation and highlighting the needs of the children in her care.

As always, she will be very pleased to have your support, either in prayer or in person, or, preferably, both!

Cruising with Tavira Bowling Club

Pictured are the winners of the Star Prize at the Open Day of Tavira Bowling Club starting their Cruise on the River Guadiana. Organisers wish to thank their sponsor for the day, *Riosul Viagens & Turismo Lda*for providing the prize of a Cruise including lunch for two people on the River Guadiana. For more information on the Tavira Bowling Club, call John 289 792 603.

Elderly British woman dies in 'illegal' blaze

An 80-year-old English woman has died after a fire thought to have been intentionally set to clear the land around her home spread out of control. Her husband survived, though he sustained serious burns.

Freda and John Howelles had owned a home in Benagaia, Alcantarilha, near Silves, for many years.

But according to neighbours, the couple had recently been spending more time in the UK and less time in the Algarve. They were believed to be on the verge of selling up and moving, as country life had become more strenuous with their advancing years.

Neighbour José Marques has told how that morning the couple had been lamenting they no longer enjoyed living in Portugal.

Later that morning, after seeing smoke rise from their property, José Marques and another neighbour rushed over to the Howelles' home. They saw Freda's body in the middle of the land behind the couple's villa, engulfed by flames; her 77-year-old husband slumped under a tree screaming for help.

A third neighbour called the firebrigade, who enlisted the help of a helicopter to put out the blaze. John was transported to Portimão's Barlavento Hospital to receive treatment. He suffered extensive burns to one of his hands and a leg.

It is thought the Howelles started the fire on their land to burn waste and dead shrubbery, despite fires on personal property being illegal from July 1st until September 30th.

The Howelles' son, who lives in the USA, was informed of his mother's death after paramedics certified her death at the scene.

CENTRAL ALGARVE
Colour Dynamics, the art of living in colour

Colour in every form surrounds us, yet do we really understand its subliminal effect on our lives? Colour specialist and founder of "Colour for Life" Mark Wentworth takes us through the rainbow into the fascinating world of colour psychology. Mark will explain which colours are effective in the workplace and the use of colour in advertising. The link between personality and colour and why we have likes and dislikes, will also be explored.

If you want to understand what the colours in your life are saying, then this is the presentation for you. New members welcome.

Directions to Hotel A Colina, formerly Hotel Berry. From the West, on the A22 motorway take exit 13, the faro airport turn off. Follow signs for Almancil. Join the N125, after 2 kms take the left turn, signed Ludo, and first left again. The hotel will be found at the top of the track.

If traveling through Almancil towards Faro, take the right turn to Ludo, just past St Lourenço church.

Wednesday October 10th 2007
Network Lunch at Hotel A Colina, Almancil
12:30 pm for 1:00 pm – Time to Network
Cost: Members €15 Guests €20
Please book no later than noon on Monday, 8th October

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Algarve nominated for the ÓSCARES of Tourism

The Algarve has been nominated for Europe's Leading Dive Destination, and Europe's Leading Beach - Praia Dona Ana, pictured above.

The Algarve is proud to announce it has been nominated as a candidate for the upcoming World Travel Awards 2007, one of the most prestigious awards in the travel industry. The region will be competing against other first-class European destinations in various categories, as well as on a national level.

Nominated for Europe's Leading Dive Destination, and Europe's Leading Beach (Praia Dona Ana), the region was also put forward for Europe's Leading Boutique Hotel (Vila Joya, Praia da Galé) and Europe's Leading Suite. Hotel Quinta do Lago, Almancil, is in the running for Europe's Leading Golf Resort, and Aqualand, (Alcantarilha) will be battling for Europe's Leading Waterpark Attraction.

On a national scale, Vila Vita Parc (Porches) has been nominated for Portugal's Leading Conference Hotel, whilst Hotel Quinta do Lago, of the Algarve Hotel at Pine Cliffs Resort (Praia da Falésia), Vila Sol Spa & Golf Resort (Vilamoura) and Vila Vita Parc have all been nominated for Portugal's Leading Golf Resort.

Hotel Quinta do Lago, Le Méridien Dona Filipa & San Lorenzo Golf Course (Vale do Lobo), Le Méridien Penina Golf & Resort (Alvor) and the Sheraton Algarve Hotel at Pine Cliffs Resort will be competing for Portugal's Leading Resort.

For the title of Portugal's Leading Spa Resort, Hotel Quinta do Lago and Vila Sol Spa & Golf Resort have been put forward as candidates.

These nominations reflect international recognition for supreme quality as a tourist destination.

Voting is carried out by leading tourism professionals from all over the world, who will confirm efforts invested by entities and businesses in the development of tourism.

Winners will be announced next Tuesday, October 9th, in Newcastle, UK.

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New tourism info-bureau for Praia da Rocha

A sleek new building dedicated to providing tourists with all the information they need was inaugurated last week in Praia da Rocha, one of the western Algarve's most vibrant and sought-after tourism hot-spots.

Present were Portimão Mayor Manuel da Luz, Civil Governor Isilda Gomes, as well as the head of the Regional Tourist Board (RTA) António Pina. Some 300 thousand euros have been invested in the sophisticated new structure, mostly footed by Portimão City Hall, the rest of the investment being covered by betting and gambling-generated revenue.

Praia da Rocha has, over the past year, been subject to extensive upgrading works, which have had a noticeable, and positive influence on tourist figures.

Complementing the general makeover, the new tourist office offers leading facilities and could even be kept open during the night. New offices are also planned for Silves and Tavira.

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1977
Remember this year?
This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.
We can hardly wait to hear from you!
celebrating 30 years in print

Green Fingers' 'Garden of tranquility'

Green Fingers is possibly one of the Algarve's best known garden and landscaping companies. Established nearly 25 years ago, it has a team of around 60 people, including engineers, architects and professional landscapers.

Owned and run by Steve Townson, who has lived in the Algarve for 37 years, Green Fingers' pocket-size creation stole the show and The Portugal News Landscape Gardener 2007 award at the International Algarve Fair, which took place two weeks ago, on the weekend of the 22nd and 23rd September.

Based on a split-level lawn design with a focal water–feature in the shape of an illuminated glass ball and an overall 'Feng-Shui' inspired feel, the 'Garden of Tranquility' took "a lot of hard work, but was loads of fun", says Steve.

Despite being based on Steve's idea, it took "five or six heads getting together to come up with the final design", including three engineers, two architects, and a "female touch from the girls on the team".

Steve confesses that the design does not reflect what his ideal garden would be, though the passion and hard work he puts into any design is of equal amounts.

"My type of garden is more wild and natural", says Steve, who is extremely passionate about the Amazon and all things jungle-inspired, "so this for me is rather formal, though it is lovely, calming and relaxing.

"I am the most un-calm, unrelaxed person you'll ever meet in your life. I cannot be kept in an office, I'm more a man of the wilderness" he jokes.

Having taken one day to construct and another day to plant, some 10 people worked on the 'Garden of Tranquility'. However, Steve let **The Portugal News** in on a little secret, one that apparently also occurs at the Chelsea garden show, confiding "there is no topsoil whatsoever in this design. It is built on a table, filled with bags of peat, and the plants are still in their pots. It's all bluff".

Over the 25 years that Green Fingers has been operating in the Algarve, the face of gardening has changed quite dramatically.

As Steve explains, even though a garden does reflect how much a client is willing to spend, "and there are people who are willing to invest huge amounts into their gardens", nowadays you don't have to be rich to enjoy a beautiful outdoor sanctuary.

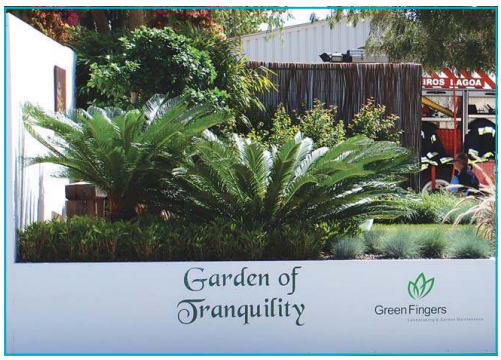
So can anyone have a nice garden, even on a budget?

"Absolutely", says Steve.

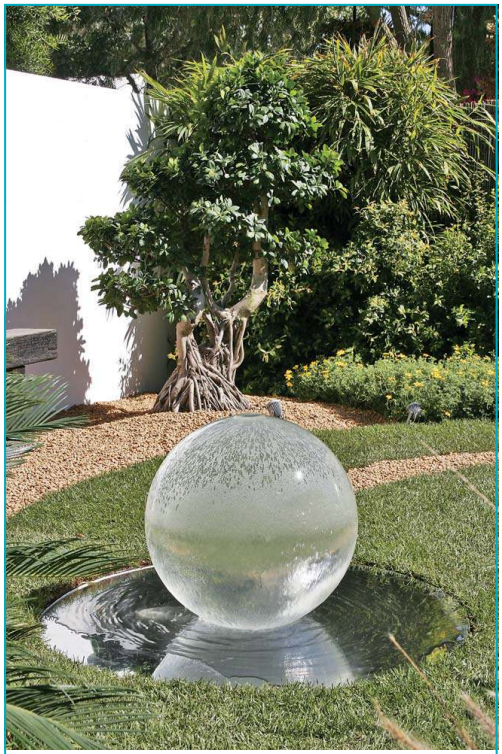
The Garden of Tranquility created by Green Fingers and chosen by TV Garden Expert Kirsty King to win The Portugal News Landscape Gardener 2007 award (Photo: Joáo Paulo Carrondo)

Kirsty King, The Portugal News Carrie Marie-Brattley and Steve Townson in front of the winning garden

Steve Townson, CEO of Green Fingers receives the award from TV Garden expert Kirsty King. (Photo: The Portugal News)



From left: Some of the winning team - Engª Agrónoma Ana Paula Pinto, Engª Agrónoma Sofía Castro e Silva holding The Portugal News Landscape Gardener 2007 award, Steve Townson and Jane Townson



Another aspect of the garden showing the stunning water feature.(Photo: Joáo Paulo Carrondo)

*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than **300** words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net*

McCanns - no end to the speculation

SIR, There seems to be no end to the speculation about the McCann case and yet all that is known for sure is that Madeleine was seen alive earlier in the day and later that evening her parents reported her missing. Everything else is a mixture of assumption, conjecture and malicious gossip.

With their inexperience of missing children cases plain for the world to see, the lack of any evidence leaves the police with only one face saving solution - at the very least, the McCanns must be found guilty of concealing the accidental death of their daughter and disposing of her body.

And therein lies the problem. No body. Guilty verdicts without a corpse are very unusual because juries are rarely willing to convict on circumstantial evidence alone - what if the 'dead' victim turns up later? - and a successful prosecution usually results from a confession.

Meanwhile many parents continue to claim that they never ever left their children unsupervised. Really? How about when they were enjoying a lie in and a bit of routine rumpy pumpy on a Sunday morning? Where were their toddlers then, blindfolded and tied to the bedpost perhaps? They can't seem to accept that their children come to no harm because, irrespective of the degree of supervision, most children never do. It may lower the odds of a tragedy but, as many bereaved parents could testify, supervision provides no guarantee.

It is still the case in the UK (and hopefully here) that suspects are innocent until proven guilty and so until that time comes just leave the McCanns in peace to fight their looming battle with Social Services to retain custody of their other two children.

RON LAVERY, By e-mail

Response to Mike Hentall

SIR, I would like to apologise to Mike Hentall and all your other readers for my schoolboy error in forgetting to double check my work as I missed out a pertinent word. What I intended to say was "Boy's Own Style..." - heaven forbid that I should suggest that Dick Barton appeared in Boy's Own! But as Mr. Hentall was able to correct me so readily begs the question, does he have adventure stories at the fore?

No Mr. Hentall, I have not missed the point at all. Much of what you said could have been a perfectly reasonable argument of what may have happened had you not embellished your letter with theories of professional kidnappers and meticulous planning. But if the child was abducted in the way you suggest, the planning that you indicate would have had extremely tight timescales - surely a more reasonable theory for abduction is opportunist as a high percentage of all crimes are based on opportunity.

You have been selective in your response, and I forgive you for that, but please! You mention "acid little asides" and then use one yourself when you accuse me of "dark mutterings". You embarrass yourself because I did not mutter, darkly or otherwise. I made my position crystal clear when I said that the media is not the place to air personal views of what may or may not have happened. I stand by that, but you confuse me. Please explain how you can air your views in this fashion then say that keeping one's opinions out of the media is helpful.

DAVID FRASER, By e-mail

Ref: Your headline 29th. Sept.

SIR, "Good to live here" screams your headline (29 Sept.). This apparently is based on "care for the environment", and "quality of life their citizens enjoy", and was published by the Readers Digest.

It was, therefore unfortunate to see jammed right next to this article another telling of how a mother allegedly beat her two year old child to death for spilling some milk. Good to live here for some maybe, but not for rather a lot of children.

I've no doubt that all the unfortunate abused children in this country would far rather be living in Spain (apparently not so nice a place as regards quality of life). I note Briton is apparently less good. So can someone explain why immigration to Britain is so high?

And why is Ethiopia bottom of the list? Has no-one noticed the mass murders in Zimbabwe (a country that Portugal is cuddling up to), and the flight of over half a million of its inhabitants over the past few months, 10,000% annual inflation, and 75% of the population with no work? I would have thought an exodus of half a million people was sending a rather strong message about the quality of life there. On the other hand, the quality of life for Mugabe is probably quite high, and I suppose that's all that counts, or perhaps he subscribes to the Readers Digest.

JOHN CLARE, (relatively happy in) Arao

Re. Shark article - Sept. 29 edn.

SIR, I read with interest the article in your Sept. 29th issue on the presence of sharks in the sea off Sessimbra. According to the writer of the article, these creatures have apparently been reclassified as mammals, a surprise to me and millions of others who thought they were fish.

I've heard that some sharks give birth to live young rather than laying eggs, but the idea of a mother shark lovingly clasping her babies to the breast is a new one to me.

Evolution is certainly moving fast!

ALARA TWINE, Monchique

Zoological Inexactitude

SIR, I am very surprised to see in the account of an alleged sighting of a hammerhead shark the creature called, twice would you believe it, a mammal. It is, of course, a fish.

All sharks are fishes of which the Concise Oxford Dic. says "any of various large usually voracious marine FISH with a long body, cartilagineous skeleton and prominent dorsal fin." Of the hammerhead variety it says "any shark of the family Sphyrnidae, with a flattened head and eyes in lateral extensions of it."

Piscatorially yours

ALAN THOMAS, Paço de Arcos

Ah, you spotted last week's deliberate mistake! You are both, of course, quite right - our apologies. Ed.

Lisbon hopeful of accord on Galileo satnav funding

Portugal's EU presidency said this week that it hopes to broker an accord before the year's end between member states on the deadlocked Galileo satnav project.

Portuguese Minister of Transport and Communications Mário Lino, speaking in Luxembourg after two days of meetings with his EU colleagues, said: "The Council is committed to continue this project and I hope it will be concluded during the Portuguese presidency."

"My work is to fight until this objective is reached, with all member states and the Commission," said Lino, adding that his fellow ministers had "unanimously approved the conclusions of the Council in a report received ten days ago from the European Commission."

These proposals from Brussels are to fund the Galileo project largely with unspent money intended for farm subsidies, rather than seeking extra cash from member states.

Despite EU member states not reaching accord this week on Brussels' proposals for Europe's satnav scheme, designed as the continent's response to the popular US GPS system, all EU governments reaffirmed the project's "political, economic and technological" importance for Europe, Mário Lino said, and have set a December 31 deadline to work out how to finance it.

Besides unresolved financial issues relating to Galileo, noted Portugal's communications minister, guarantees are needed for participation by European firms in the proposed 30-satellite network that needs an extra 2.4 billion euros. *TPN/Lusa*

Unemployment rates rise

According to recent figures from Eurostat, unemployment rates in Portugal rose significantly in August and now affect 8.3 per cent of the active population, putting Portugal in fifth place amongst the 27 European state members with the highest numbers of jobless citizens.

According to data released this week by Eurostat, the department for European statistics, Portugal was the country that suffered the most significant alteration in one month, when its unemployment rose from 7.5 in July to 8.3 percent in August.

For the first time in 20 years Portugal has reached an unemployment percentage superior to that of its neighbour, Spain, which in August registered 8.0 per cent.

Worse than Portugal is Slovakia, with 11.1 per cent of its active population being out of work, Poland, with 9.1 per cent, France, with 8.6 per cent, and Greece, with 8.4 per cent.

Portuguese for Beginners 103

Emília Rosendo

THIS LESSON: Arrow words with the letter 'z'

ARROW WORDS

① ***In this puzzle, all you have to do is use the clues to find the nine words. Each word contains the letter "z".***

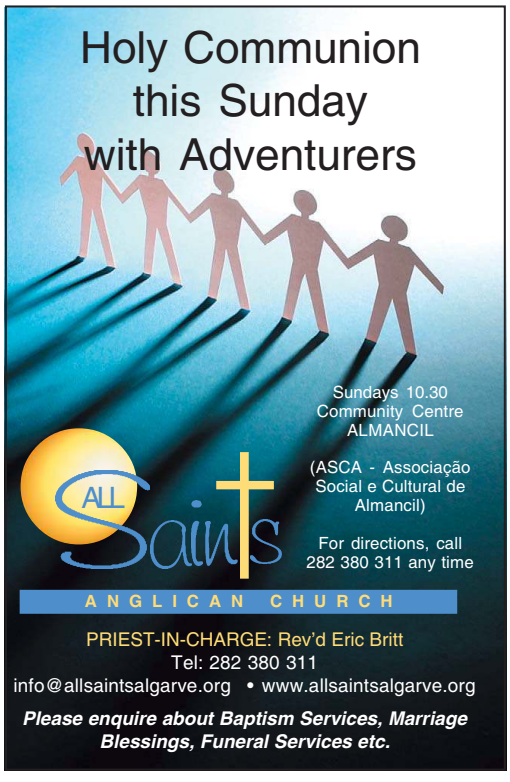
1	Z				
2		Z			
3			Z		
4				Z	
5					Z
6				Z	
7			Z		
8		Z			
9	Z				

1. É um animal selvagem, com riscas pretas e brancas.
2. É um gás que forma uma camada; esta camada ajuda a proteger o nosso planeta dos raios solares nocivos.
3. É um verbo que significa realizar, executar, etc.
4. Algumas pessoas dizem que este número é o número da sorte; outras pessoas dizem o oposto: que é o número do azar.
5. É uma criança ou adolescente do sexo masculino.
6. Num tribunal, esta profissional tem a autoridade para aplicar penas ou para tomar decisões legais.
7. É um verbo que significa exprimir por palavras, comunicar, falar, expor, etc.
8. É uma cor (*plural*).
9. São áreas, locais, espaços, etc.

② ***Complete with the arrow words.***

1. Os olhos dele são ... ou cinzentos?
2. Seis mais sete são ...
3. A ... condenou o criminoso a dez anos de prisão.
4. Numa grande cidade, os cinemas e os teatros ficam geralmente nas ... mais movimentadas.
5. Os alunos estão a ... os trabalhos de casa.
6. Os pais dizem ao ... que ... mentiras é muito feio.
7. O crescente buraco na camada de ... está a preocupar a comunidade científica mundial.
8. Uma das características da ... é a elegância.

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**



Golf Club of Tavira Captain's Day

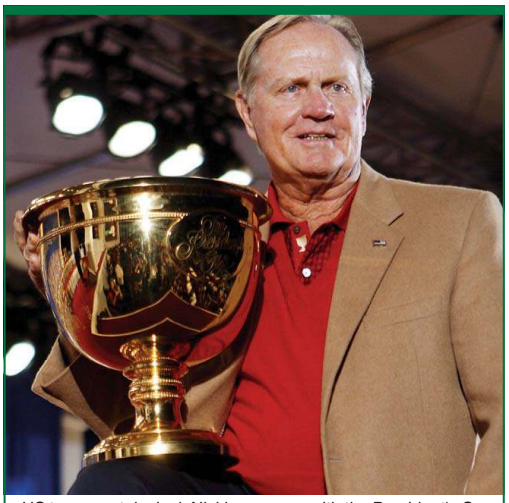
The members of the Golf Club of Tavira held their annual Captain's Day on 29 September when a record field of 88 players participated in a Stableford Competition with a shotgun start followed by lunch and prizegiving.

The Overall Winner with a superb score of 42 points was Jackie Slater who won an electric golf trolley. Jackie also won the Lady Captain's Prize and the Captain's Prize and Men's First Prize was won by her husband, Paul Slater, with 39 points.

The Captain's Charity benefited by €660 from the raffle of a Hill Billy electric trolley which had been kindly donated by Hill Billy.

The Club Captain Tony McHale and the Lady Captain Dottie Powell presented the prizes to an overflowing clubhouse with over 100 members enjoying a buffet lunch.

FLTR Tony McHale - Captain, Jackie Slater - Overall Winner and Dottie Powell - Lady Captain.



US team captain Jack Nicklaus poses with the President's Cup at the Royal Montreal Golf Club in Montreal, Canada 30 September. The US defeated the International team 19 1/2 to 14 1/2. (PHOTO: LUSA/EPA/Andrew Gombert)

Do you have any Golf news?

Is there an upcoming Golf event you would like our readers to know about?

Send it to us:
Fax: 282 341 201
or email
copy@the-news.net

Portugal golf review

Despite the throngs of sun and beach tourists that crowd the Algarve every August, there were also quite a respectable number of visiting golfers out on both the full-size and par-3 courses this year as the average temperatures were much more congenial, being lower than those we are normally accustomed to in the height of summer.

In the 90s a series of annual golf matches was held between fans of four of the major football clubs in Portugal, Benfica, Sporting, Selecção and Sporting.

Unfortunately these were discontinued due to lack of a solid financial sponsor. Happily for all concerned, the Hotel Grande Real Santa Eulália & Spa in Albufeira have combined with a few other sponsors and have this year revived this previous popular summer event. A total of 188 golfing fans from all over Portugal, including some foreign residents, took part in a keenly-contested four-ball match-play competition organised by Double Eagle and Golfocus magazines. The match ended in a 29-18 point rout by the Benfica 'reds' over their staunch green-and-white Sporting rivals. We hope that the same sponsors can be counted on for their support for the coming years.

Vilamoura Golf Club's traditional summer school for youngsters under 18 was held in July and August, culminating in tournaments held on 24th-25th August. Coordinated by club vice-chairman Jorge Batista and conducted by the club's five teaching pros, the course was attended by close to 200 children and youths. Surprisingly, the start to the final day's programme was delayed for about two hours due to an extremely unusual thunderstorm, for August at least – the effects of global warming? Various competitions are held, on the putting-green for pure beginners and the very young; 5-hole ones for the young ones with some experience; up to a 36-hole stroke-play event over two days for the low handicappers. A few of the former Vilamoura club academy pupils are now turned professional such as the brothers Ricardo and Hugo Santos who have played in PGA EuroPro and a few Challenge Tour events, António Rosado, a player on the PGA of Portugal tour, as well as Inder van Weerelt - a Challenge Tour regular. The Seve Ballesteros designed Quinta do Vale course near Castro Marim in the extreme east of the Algarve alongside the Guadiana River separating the Algarve and Andalusia, is due to be ready for play in the next few months. Over-seeding with cool season grass on the Bermuda fairways has been carried out recently. Similar to the course opened in 2004 on Porto Santo Island that Seve also designed, Quinta do Vale has an equal number of six par-3, par-4 and par-5 holes.Europe's finest young amateurs participated in the "Portugal Nations Cup" which was held at Vale do Lobo on the Royal and Ocean Courses. Fourteen selected teams from their respective countries fought each other over three rounds with the English team taking first prize and Ireland in second.- The 13º Caniço Prainha Cup was held on the Penina Championship Course near Portimão. This annual shotgun event is basically by invitation only and this year the field was composed of 88 golfers. The Caniço Cup was won by Marta Lampreia, Portugal's national champion lady player. The Prainha Cup was won by Sean Corte Real. In September, Boavista Golf Club near Lagos which recently inaugurated its new Club House building, is staging an amateur team event for charity in aid of three institutions that take care of orphans, handicapped children and those with learning difficulties. Twenty firms and organisations are helping to sponsor the competition, and after the prize-giving the club is holding an auction for valuable prizes in its new Club House to boost the charity fund-raising efforts.

International News: Tiger Woods as the World Number One captured another win in the World Golf Championships - Bridgestone Invitational for the sixth time at Firestone Country Club, Ohio. An eight stroke victory over England's Justin Rose and Rory Sabatini of South Africa. Woods extended his lead over Jim Furyk to 11.52 average points in the Official World Golf Ranking.

Subscribe to a free 'Golf in Portugal' Newsletter by visiting www.algarvegolf.net or www.portugal-golf.info - both part of the Portugal-info Network. Send comments to: editor@portugal-info.net

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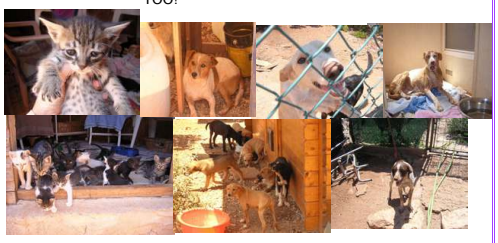

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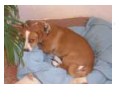
And for you "non" golfers:).....donations are always welcome and GREATLY appreciated, by the animals:) Please contact Ingrid at 918-973-896.



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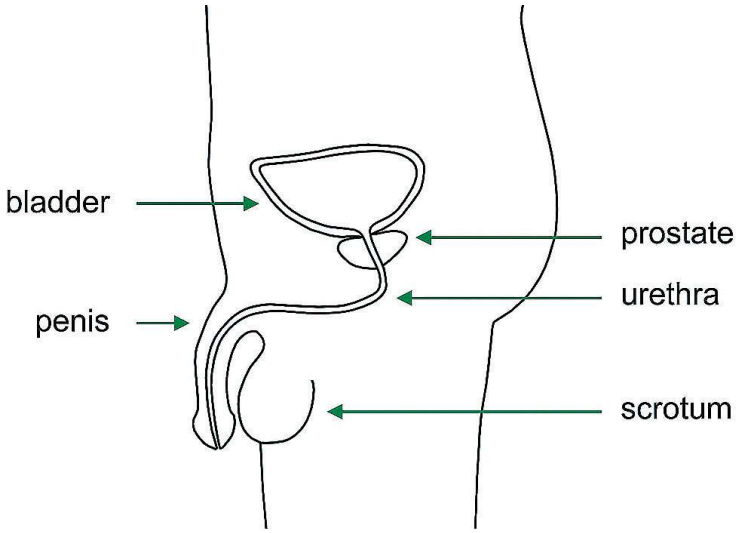
A private problem

It's as big as a walnut and will cause health problems in nearly four out of five men. The prostate is one of the most important glands in the body, and prostate cancer is the most common cancer in men in the UK. We reveal how to keep the prostate healthy, and what to look out for if you think you've got a problem.

The prostate is one of the most important - but most overlooked - glands in the male body. Located underneath the bladder, it's part of the reproductive system.



The size of a walnut it smells like sour milk, and causes the death of one man every hour in Britain. Only one in seven men know what the prostate is or does, according to Prostate Research Campaign UK, it's vital to get clued-up.

WHAT IS IT AND WHAT GOES WRONG?

The prostate is one of the most important - but most overlooked - glands in the male body. Located underneath the bladder, it's part of the reproductive system, producing the fluid that, along with sperm, forms semen.

It grows at puberty from the size of a pea to a walnut, and then begins to grow again at middle age.

"Generally, as you get older, the prostate enlarges to varying degrees," explains Ingrid Spickett, Senior Nurse at The Prostate Cancer Charity.

"Around 50% of men 60 and older will have some evidence of an enlarged prostate, in some cases growing to four times its normal size."

While a bit of growth in the area is normal, it can cause complications due to the gland's location.

The prostate surrounds the urethra, the tube that carries urine and semen outside the body, so changes in its size can result in a more frequent need to urinate, a weaker flow, needing to rush to the toilet, or feeling that the bladder is constantly full.

"Most men associate changes in their urinary habits as a sign of the ageing process," says Spickett. "But these are also symptoms of essentially three prostate problems: benign prostatic enlargement (BPH), prostate cancer and prostatitis (inflammation of the prostate)."

BPH

Most men hearing the words 'prostate' and 'growth' think cancer; but more common is benign prostatic hyperplasia (BPH), an enlargement of the prostate that affects half of men over 50, due to an overgrowth of non-cancerous cells.

Most men with BPH will notice changes in their urinary flow.

"Depending on your age and type of symptoms," says Spickett, "you might be getting up more at night to pass urine, or having to wait until it flows, or going more frequently - especially if you're not emptying the bladder."

In most circumstances, BPH can be relieved with medication called alpha-blockers, which work to reduce the pressure on the urethra. But if BPH goes untreated, long-term complications can arise, requiring hospital admission, catheterisation and prostate surgery.

"Symptoms of BPH and prostate cancer can be the same," warns Spickett, "so it's important for men noticing changes in their urinary habits to see a GP."

Sometimes changes can be due to infection, but if your urine test comes up clear, then a blood test and physical examination will usually be necessary to determine what's wrong.

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While most men might fear such closeness with their GP, Spickett says not to worry.

"These two tests together produce a risk assessment for prostate cancer," says Spickett. "The physical examination's a painless and quick test and, while it may be embarrassing, it's very useful and will help in your diagnosis."

PROSTATE CANCER

While one out of 11 men over 50 will develop prostate cancer, according to Prostate Research Campaign UK, its slow growth and lack of symptoms can make it tough to catch. Not all men with prostate cancer have urinary problems, and some men have no symptoms at all.

Doctors are still unclear as to what causes prostate cancer, but they do know certain factors make some men more at risk than others. The older you are, the higher the risk, eating a 'Westernised' high-fat, low-veg diet could make you more at risk and you're more likely to get prostate cancer if your brother or father had it. African and African Caribbean men are also more at risk than white men, who are more at risk than Asian men.

"There's nothing completely preventative for prostate cancer," says Professor Roger Kirby, chairman of Prostate Research Campaign UK. "So we tell men to watch what they eat and to get regular check-ups."

Cancer can often remain in small quantities in the prostate without causing any problems, but it can cause tumours in other parts of the body, creating pain in the bones of the pelvis, legs and lower back.

Kirby recommends getting an annual PSA (Prostate-Specific Antigen) test as part of your annual check-up. This helps doctors to detect cancer in the prostate by looking at the amount of protein in the gland. And following a fibre-rich, low-fat diet can help too.

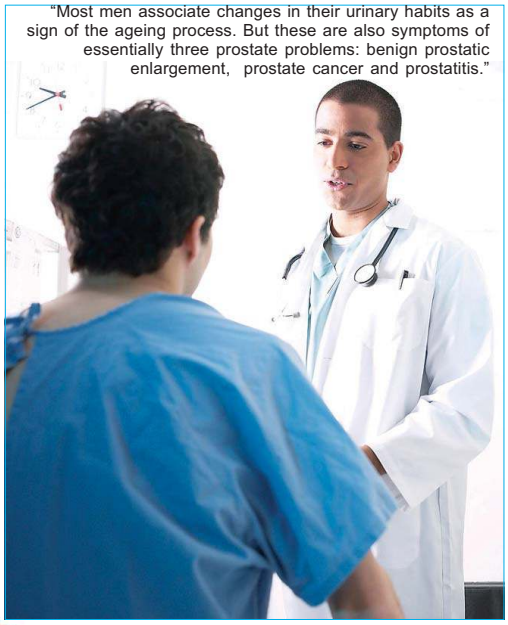
"One study has shown that exercising two or three times a week reduces the risk of prostate cancer by 70%," says Kirby.

PROSTATITIS

Prostatitis is a common inflammation of the prostate gland, sometimes caused by a bacterial infection. "Prostatitis can affect anyone from 15 to over 80, the very young to the very old," says Spickett, "unlike BPH or cancer, which usually affects those over 50."

Symptoms include a burning sensation when passing urine, pain in the buttocks and inner thighs, discomfort between the back passage and scrotum, and difficulty getting an erection. The majority of cases are solved with antibiotics and anti-inflammatories.

While most men have no identifiable risk factors, prostatitis seems to occur more in those who have had urinary tract infections or long-term catheterisation.



"Most men associate changes in their urinary habits as a sign of the ageing process. But these are also symptoms of essentially three prostate problems: benign prostatic enlargement, prostate cancer and prostatitis."

BITE THE BULLET

Admitting something might be wrong in your prostate - let alone seeing your GP about it - might fill you with fear, but it could save your life. "Men look after their cars with meticulous detail, but they don't look after themselves," says Kirby. "They're literally dying of ignorance and embarrassment. Ignorance is not bliss. Rather, it's foolishness."

DO

:: Eat nuts. Selenium, a mineral found in Brazil nuts, pumpkin, sunflower and sesame seeds, bread, cereals and fish and chicken, has shown to reduce the risk of prostate cancer.

:: Include tomatoes in your diet. Rich in lycopene, a natural antioxidant, tomatoes (processed and cooked, rather than fresh) have been found to help reduce the risk of prostate cancer by a third if eaten at least twice weekly. Watermelon, guava and papaya are also high in lycopene.

:: Drink green tea and pomegranate juice. Their powerful antioxidants can help protect against the development and growth of prostate cancer.

DON'T

:: Eat too much red meat or dairy products. The high fat content may increase your risk of advanced prostate cancer. Fats in oily fish reduce your risk, so aim for two to three fish meals a week.

:: Douse your food in salt. Using herbs or spices to flavour cooking is healthier than a high salt intake - doctors advise just one and a quarter teaspoons of salt a day.

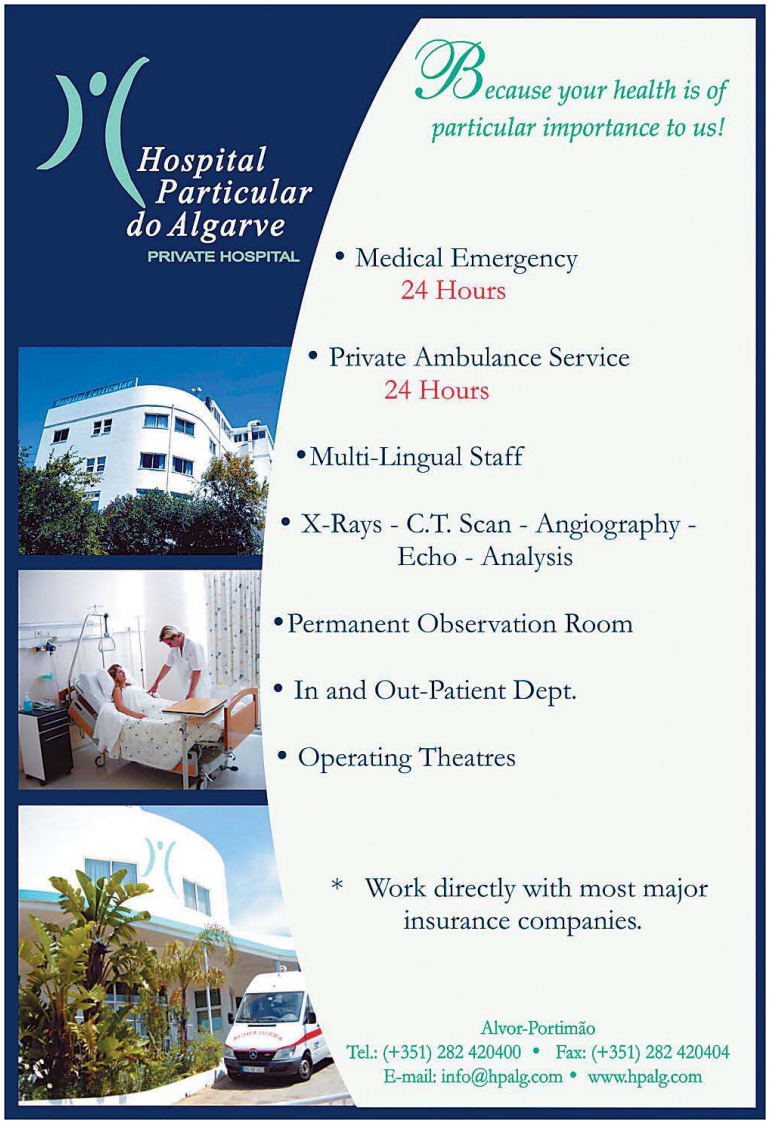
:: Drink sugary or fizzy drinks. Seventeen teaspoons of sugar a day is the max - so look out for the hidden sugars in drinks and processed foods.

:: Drink late in the evening. This will reduce your chances of having to go to the toilet in the middle of the night. (Source: The Prostate Cancer Charity)

:: For more information about prostate cancer, call The Prostate Cancer Charity's, free, confidential helpline on 00 44 (0)800 074 8383, or visit www.prostatecancer.org.uk

:: For information on prostate disease, visit: www.prostateresearch.org.uk

Kate Hodal



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Chester: Dig a little deeper

As I stared at the enormous lozenge diamond on my finger worth £400,000/€573,655, I held out my hand in admiration, while the other clutched a filled champagne flute. With chocolates and jewels in equal abundance in the Boodles boutique adjoining the Chester Grosvenor and Spa, I sadly reflected this luxury could only last as long as my weekend visit to this historic city.

Clearly, Boodles are accustomed to the rich, vaguely famous and those WAG affiliations. There is undoubtedly a 'footballer's wife' aspect to Chester. In some of the city's designer boutiques, socks and perhaps the odd tie are the only items within range of the average budget.

Obviously, it helped to be at the five-star Grosvenor Hotel, whose traditional frontage and attentive footmen at the door evoke an old world charm, belying its sleek, minimal interior. Named Large Hotel of the Year at the 2007 Enjoy England Awards for Excellence, it sits in the centre of the city, a stone's throw from main shopping areas and city walls dating to Roman times.

But look a little deeper to find far more to Chester than first meets the eye. The hotel has its own lengthy history spanning turns as a Tudor Inn and political headquarters and is still owned by the Duke of Westminster. Past visitors include Princess Diana, Princess Grace of Monaco and Paloma Picasso.

With two restaurants - a relaxed brasserie and the Arkle, holder of a Michelin star for an impressive 17 years - guests need venture no further for a dinner to remember.

The Arkle - named after the famous steeplechaser owned by Anne, late Duchess of Westminster - was our destination on the first night for a six-course taster menu complete with a different wine to accompany every dish.

La Brasserie next door is a busier, more Parisian-style affair with a less exotic menu but no less enjoyable for that, although far more filling if you indulge in scallops, brill (handily removed from the bone by the waiters before serving) and a sumptuous chocolate fondant with liquid marzipan on the side like myself.

After all the fine food, you might welcome some exercise, either on retail therapy, or in the hotel spa and gym. The spa is relatively small, but a back and neck massage followed by a refreshing peppermint hamman had me soothed enough to brave the streets packed with Saturday shoppers to head off and peruse the designer gear.

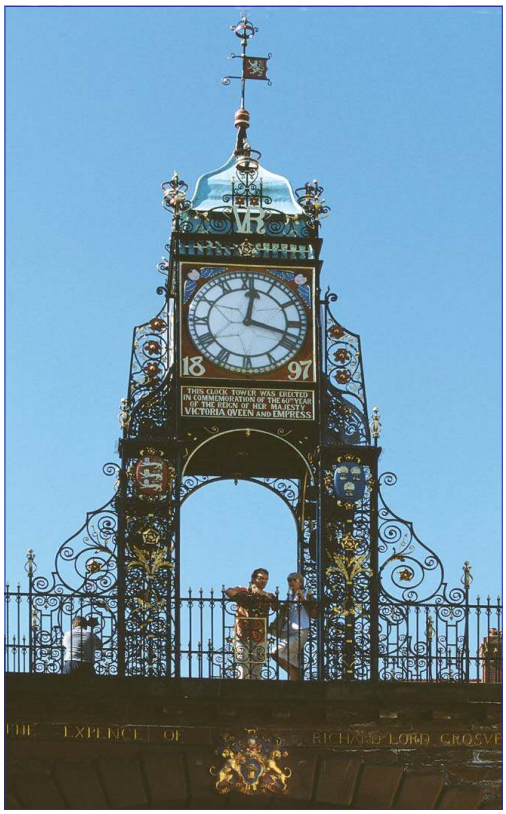
Peruse would have to be the operative word though because Tessuti, the main attraction for label hunters, is not for the faint-hearted with Victoria Beckham jeans on sale for £360/€516. Fortunately, Zara and Warehouse are also in evidence so most tastes are catered for. Shopping addicts might head for the McArthur Glen designer outlet just 15 minutes drive away.

History is in evidence as you wander around the city centre, which is famed for The Rows - its two-tiered gallery of shops in half-timber buildings dating from the middle ages.

Chester was one of Britain's earliest towns and started life in 70AD when the Romans built the Dewa settlement as a bulwark against fierce Celtic tribes in the west. It gained its current name in the 5th century when the Romans left and the Angles and Saxons moved in, using the settlement as a fortress against the Welsh.

Medieval Chester was the largest port in north-west England but made a foolish error by backing the wrong side in the English Civil War and was duly besieged by Cromwell's forces. King Charles I visited to raise morale during the siege in 1645 but by this time, he was losing the war. Legend has it he narrowly missed being shot as he stood on a watch tower.

A local guide will show you the city walls and historical sites, including the gothic town hall where Moors murderers Myra Hindley and Ian Brady were held before their trial. Ours, was full



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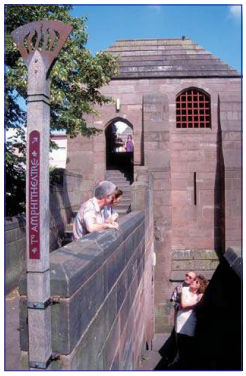
of titbits about the city you would never discover otherwise, including the story of the Bear and Billet pub where John Lennon's grandmother was born. John was apparently a regular visitor and used to go for walks along the river. Another pub called Nowhere possibly found its way into the Beatles song book with his track Nowhere Man.

The Bear and Billet is also said to be home to one of the city's many ghosts - a maid who was locked in her room by the Serjeant of Bridgegate as a punishment and left there to die by mistake when he was called away on business.

Perhaps the most interesting historical site is the amphitheatre, which has been the subject of an archaeological dig for the past three years.



It is deemed one of the best sites in the UK, and although only 40% has so far been uncovered, historians believe it could have seated up to 10,000 people adding credence to the theory Chester was once a seat of provincial government.

Like the archaeologists, you must dig a little deeper in Chester to find its true worth. Combine the Arkle's delights with the city's fascinating history, shops to die for and one of the finest hotels in England, and your short break will be over far too quickly.

TRAVEL FACTS

:: Nicola Boden stayed at the Chester Grosvenor Hotel & Spa, for reservations tel: 00 44 (0)1244 324 024 or go to: www.chestergrosvenor.com

A short breaks guide to Chester is available from Visit Chester and Cheshire, on 00 44 (0)1244 405 622.

:: Nicola Boden travelled to Chester from London with Virgin Trains (First Class return from £61/€87, Standard return from £25/€36). Fares are cheaper the earlier you book. Virgin Trains reservations: 00 44 (0)8457 222 333 or online at www.virgin.com/trains

Nicola Boden

Pictured above: The famed Rows, its two-tiered gallery of shops in half-timbered buildings dating from the middle ages, Chester. Opposite page - top: The 5* Chester Grosvenor and Spa, in the city centre, a stone's throw from city walls dating to Roman times (see left); and bottom: Eastgates Clock in Chester. (Photos: Press Association)

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A wardrobe for all seasons

In between seasons? Work the new autumn trends alongside your summer wardrobe. We show you how.

It's that time of year when women can be forced to live in fashion limbo land... Too warm for those oversized winter woollies, while flimsy summer frocks will leave us shivering.

"As the weather is so changeable, you'll probably feel a bit silly heading out in full-on A/W pieces because it's still warm," says Fiona Huntingford, stylist and founder of www.stylestruck.com. "Just bring your look up-to-date."

Thankfully a transitional wardrobe catering for all weathers isn't too tricky to pull off. Summer is behind us and winter's ahead but you can remain effortlessly stylish by mixing up the seasons.

Summer Savers

You don't have to have an annual wardrobe clear-out as autumn creeps ever closer.

Faced with that irritating in-between stage, the dilemma of not knowing what to wear every morning is easily solved with style tricks like layering and transforming your silhouette. You might even be able to cling on to those favourite pieces a while longer. So what can you still wear from your summer ensembles?

Fiona has this advice: "Wear your high-waisted jeans with pretty blouses, giving a 40s silhouette, and patent platform shoes. Or simply wear a pair of jeans with a jewel coloured silk top and a day clutch bag."

But if you really want to be on-trend, there's one accessory that will revamp summer looks in a second.

"The voluminous look from last season can be brought up-to-date with a 'cinch belt' - dresses, coats, tops - you name it," Fiona says.

New Additions

Flimsy summer dresses may look completely off the fashion radar as a stand-alone piece, but pair them with a few autumn wonders and you have a whole new outfit on your hands.

"The easiest way to give an item A/W appeal is to team a simple shift dress with a chunky knit and patent accessories," Fiona suggests. "Or try a pair of patent ballet pumps with your jeans, a simple black tee and a studded tote to toughen up your look.

"Say goodbye to any dress that can't be saved with a belt - volume can be worn but it needs to have the A/W edge - fitted on top and voluminous below."

Access Accessories

Flinging on a few fashionable accessories speaks volumes on whether you're bang up-to-date on seasonal wear. Make the most of shoes, bags, scarves and hats to transform your look.

"Head for anything embellished, studded or patent," says Fiona. "Or try an oversized metallic clutch or brightly coloured bag.

"When it comes to footwear the 'shoe-boot' is the perfect choice for the new season. For evening, buy an amazing pair of platform shoes in jewel colours or patent leather."

You can still wear thigh-skimming shorts, skirts and dresses in colder climes with tights. But don't bore yourself with black - go for bold, bright colour to jazz up your look.

Lisa Haynes

Faced with that irritating in-between stage, the dilemma of not knowing what to wear every morning is easily solved with style tricks like layering and transforming your silhouette. Read our guide to know what to do. (Photo: Press Association)

Beauty's new face

If your make-up bag is in serious need of a makeover, October's the perfect time of year for a major beauty revamp.

Super-bright neons are last season's fad and soft pastels will soon be lost in trend translation.

So work autumn/winter's bold new looks instead. After a summer of bare-faced chic, dramatic look-at-me make-up is set for a comeback.

"It's easy to adapt the runway trends to real life - just remember to keep your application light and sheer," says Chase Aston, make-up artist for The Body Shop.

Work those catwalks looks and you could transform your face from drab to fab with the wave of a mascara wand.

Grey Matter

Grey is most definitely the new black on the beauty palette.

The smoky grey look has been smouldering on the eyelids of many a supermodel, including the A/W catwalks of Ungaro, Aquascutum and Michael Kors. Even matte grey nails are being painted onto fashion-forward talons.

"For the eyes, silver, grey and gold shimmers are all key, with an emphasis on dark and smoky," says Chase. "For a deep smoky eye, use an intense powder shadow as a wash across the eye socket blending it lighter below the lower lash line."

Red Hot

There's no escaping the trend for quintessential classic red lips for A/W season. As seen on the catwalks at Valentino and D&G to accompany the glamorous ladylike 40s trend, red made a big impact. Pillar box, ruby, or scarlet - choose your shade and you'll certainly be on red alert trend-wise this season.

"Choosing the right tone of red is crucial," advises Charlotte Matheson, head make-up artist at B.

"As a guideline, if you suit colder tones try a blue/red or if you suit warmer tones then try a red/orange. However, a blue/red will always make your teeth appear whiter."

Winged Eye

Want dramatic eyes? The black 'winged eye' look was huge on the A/W catwalks but you don't have to be a supermodel to carry off the daring trend. This is a bold look for modern, edgy women, which compliments the fashionable 'tough look' to a tee.

Pat McGrath, cosmetics creative design director for Max Factor details how to work the winged eye:-

:: Draw a black pencil along the upper lash line and blend it slightly with an angled brow brush.

:: The line should extend past the outer corner into a sharp wing.

:: Trace over the pencil with a black eye shadow first followed by a black liquid liner to create a precise eyeliner look.

Bare Necessities

Get back to basics with your face. With all this bold colour on-trend, the fresh matte nude look for skin is a welcome breather. The cool, clean face was seen at Calvin Klein, Miu Miu and Givenchy.

Pat says: "For this trend you need the latest in foundation technology to create a pared down complexion that enhances the look of the skin - with flawless natural coverage that looks like you're not wearing foundation at all."

And for matching nude mouths: "The nude lip for A/W is creamy beige with a peach undertone," Pat explains. "Select a peachy-beige lip colour that has the same depth as the skin."

Lisa Haynes

A perfect pet is a pleasure

Celebrity vet Trude Mostue, mother of three young children, knows more than most about the value of pets in the family. She gives advice on how to pick a pet for your child and explains how children can benefit from the right animal.

"Very few people are focused on the positive mental effects pets have on young people," she says. That's why Trude has leant her expertise to a new survey carried out by Pets At Home, which found that animals can have a profound effect on the wellbeing of 12 to 16-year-olds.

"I think the survey has very neatly confirmed what I've always thought: that pets play a very important part in mental health for children," she explains.

The results showed that 81% of the 500 children questioned talked frequently to their pets.

This interaction may seem pointless, but Trude reveals otherwise. "Can you imagine being between 12 and 16 these days?" she says. "A girl was bullied recently because she didn't have her hair straightened, child obesity is a big problem too.

"I was bullied and I was very close to my cat. I had a really strong bond. I was a daydreamer and I did talk to her and took great comfort in that."

She adds: "Animals don't have any sort of prejudice. They don't bully you, they don't answer you back. Whether they have fins or feathers, the benefits are basically the same - it's a creature who loves you for what you are and I think that's rare for young people today.

"Nothing is more important to a lot of children than having someone to talk to," she continues. "It's really important not just for the person being bullied, but for the bully. Pets can pull these groups of people together."

Trude points out that getting out and about with an animal can also encourage youngsters to exercise. But more than anything, being charged with looking after another living creature instils vital life lessons in the young.

"I'm very biased," she laughs, "but I automatically draw the conclusion that if you like animals, you're nice to people. Maybe it's got to do with the caring aspect of it.

"I have three children aged two, three and four and I can already see it's important to teach them how to look after things and how to respect living creatures. I strongly believe that it's a benefit for them later in life."

Nonetheless, the Norwegian - who has been a veterinarian for 10 years since famously taking part in the TV documentary Vets In Practice - admits that ensuring children are vigilant about caretaking is a challenge.

"Children very often get pets for the wrong reasons," she says. "This survey did show that most children don't look at their pet in that way. They are not just a toy, they are friends with them, that's quite exciting.

"The advice I would give to all parents is invest in a book before you invest in a pet," says Trude. "It makes it so much more interesting. A goldfish becomes more than just something bobbing in a bowl - it becomes a fish from South America with a different social structure to our own."

It's crucial to match the correct pet to your child, even if they are insisting on a puppy, says Trude.

"You have to look at the age of a child, where you live and your lifestyle. This is when you have to seek good advice. It's no use if your child is two and wants a rabbit - you don't give a rabbit to a two-year-old. Rabbits don't actually like to be lifted up and they can break their backs if you don't hold them correctly."

Ben Falk

It is crucial to match the correct pet to your child, even if they are insisting on a puppy. (PHOTO: Press Association)

Trude's top tips on choosing pets

Age matters: "Up to four years of age, there are no pets kids can have unsupervised. They just don't have the basis of understanding. Don't ever let a child under four be alone with a dog and don't let it in their bedroom.

"Rabbits are only for kids six-plus. They are pets that need to be kept by responsible children. Hamsters are very sweet for children around four, but they need a lot of cleaning out."

Make sure the kids are involved: "Children, regardless of age, have to be involved in the cleaning, the feeding, the watering. Mummies - don't do it. You should supervise the child to do it. Also, talk to your child about saving money for food. Pets are what they eat too."

Be money smart: "There is a financial commitment to owning all types of pets. I am very fond of insurance. You should insure your cat, because it's a loose cannon!"

Try it out: "If your child has a friend with a rabbit or guinea pig, let your child borrow it for a week or two. Test it, then they can see if it's what they really want."

Stay away from reptiles: "They are extremely difficult animals to keep. I wouldn't recommend them."

Dog breeds matter: "I would say don't go for the pitbull. Hunting dogs and working dogs may be child-friendly, but they are not really a family dog, unless you have grown-up children who want to go for a run.

"Because they are very child-like themselves and have too much energy, dogs like border collies and setters often get mental problems because they are not used. I am a great fan of rescue dogs - but with a dog in a rehoming situation, just be careful."

If in doubt, get a cat: "Cats are fantastic pets. They live quite a long time and are a great animal for a child to build a relationship with. They are easy to keep, they look after themselves, almost. I couldn't think of a better pet for youngsters."

Don't underestimate your kids: "In my experience, when I have a situation where I have to put an animal to sleep, the most sensible person is the child."

(PHOTO: Press Association)

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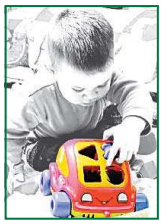

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Water purification systems are widely available and varied, but, according to Clearwater, one of the most popular at present is the ionization system.

Using 'space-age' technology, ionisation protects the environment as well as protecting one's health.

Developed by NASA, copper and silver ionizing systems were originally used onboard the Apollo spacecraft to purify water, later being modified for use in domestic situations, like swimming pools, ponds and fountains.

They offer a friendlier alternative to chemical treatments, eliminating dry skin, brittle or bleached hair, allergies or unpleasant chlorine smells.

Ionization systems also offer numerous financial benefits, like significant savings on electricity bills, pool and equipment maintenance, and water treatment products. After installing the product, which can take less than an hour, with minimal mess, these systems pay for themselves in under two years, boast a very low running costs, and have long life expectancy.

The ionizing system is used worldwide for a number of purposes, in both residential and commercial situations. It has been applied to hospital water supplies, cooling towers, hotel swimming pools, marine aquariums, and for agricultural irrigation purposes.

Father and son Clearwater team.

Here in the Algarve, the systems are highly popular for residential swimming pools, and have also been installed by Clear $H_2$0 in the Alvor and Loulé municipal swimming baths.

Clearwater's Enviro Technologies have been distributed in Portugal for the past 10 years with its first Algarve-based outlet, Clear $H_2$0, in Armação de Pêra, being opened two years ago.

Electronic descalers (the 'Scale Blaster'), pool equipment and a range of relaxing spas are also stocked.

For a free assessment or more information, contact Clear $H_2$0 on (+351) 282 317 058, or mobile: 967 713 821.

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Conto Desconto is an innovative brand that looks set to become a household name. It offers a straightforward yet personalised, over-the-counter approach to choosing the best computer for your individual needs, explaining everything IT-related in the plainest language possible.

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The entire process is explained in easy-to-understand, layman's terms. The aim is to educate customers, offering a service of complete transparency to break down the myth that IT is a mind-boggling issue.

When it comes to costs, Conto Desconto boasts some of the most competitive prices available. Reinforcing their aim of transparency, customers experience a revolutionary open pricing formula; working closely with manufacturers and their distributors allows Conto Desconto to offer country specific hardware in Portugal at the best possible prices.

Conto Desconto's first 'pilot' shop opened earlier this year, at Vale Lousas, on the EN125 between Porches and Alcantarilha. The shop is easy to locate due to its close proximity to Agualand Water Park, has easy parking, and is toddler friendly. It is the first of what its founder hope will be many 'pop-in' counters, where customers order their computers with little fuss, and can obtain support and information without being overwhelmed by queues, waiting or incomprehensible 'techie' talk.

Following a tried and tested business concept, the English-owned company is based on international principals and a consolidated plan.

Attracting both the ex-pat and Portuguese market has been key to its success and longevity.

Sales & support is available in a variety of languages.

Fully guaranteed repairs & maintenance are handled both in shop or on site using a unique cooperative based service which utilises the very best expertise within the Algarve. The cooperative approach adopted by Conto Desconto ensures that the very best levels of quality of service expected of its customers are maintained.

Sales people are paid a bonus based on customer satisfaction rather than sales commission.

This methodology only serves to demonstrate the ongoing commitment of putting its customers needs first. Furthermore, any units or individual pieces of unwanted computer hardware can be taken to the shop for recycling, as designated by recent EU laws. Salvageable computers are given to charity.

Conto Desconto adopts a revolutionary approach to IT.

They offer the same technology but apply it from a different perspective.

For more information, contact Conto Desconto Informatica on: (+351) 282 312 044 or 913 087 160, e-mail: geral@contodesconto.com or see website: www.conto desconto. com . Alternatively, pop into the shop, on the EN125, before 'Aqualand', Alcantarilha.

Installation, training, Voip, Skype, and other Internet telephone advice can be sought directly from Conto Desconto.

Domus Heating – keeping your tootsies toasty

As the nights draw in and Autumn makes its presence felt, people start looking for heating solutions to keep warm during the colder months. One suggestion is DEVI under-floor heating, from specialist installers Domus, an inexpensive and highly efficient way of keeping warm.

Not only does underfloor heating keep your feet warm, it radiates upwards to warm your home, your environment and indeed the rest of your body.

It is easily installed over existing surfaces, and can be covered with any style of flooring, including wood, carpet, ceramic and stone tiles.

Under-floor heating offers numerous advantages over conventional radiator or gas heating. Firstly, its invisibility is an aesthetic advantage, meaning no unsightly objects sticking out awkwardly in otherwise streamlined interiors.

Secondly, floor heating is quick and easy to install, with no mess or the inconvenience of major works.

High-durability Deviflex Heating Cables are inbedded in floors, available in 16 different lengths to fit any size room. This makes floor heating maintenance-free, and, as the cables are guarded from wear and tear, they are covered with a ten-year warranty period.

A 'set and forget' thermostat model is available and can be programmed for up to 336 settings a week. As it is self-learning, the system can remember personal preferences, like temperatures and respective times.

For example, if one likes the bathroom warmed for taking a morning shower, the thermostat remembers the temperature to which it was manually set and at what time, subsequently calculating the time it will take to reach that temperature in advance, and the following morning will automatically begin heating the bathroom before it is to be used!

Other products available include the Devirail Towel Heater and the Devimat Mirror Heater. The towel rail system provides you and your family with warm, dry towels all day long, is easy to fit and available in two shapes and 2 colours (white and chrome). The Mirror Heater certifies your bathroom mirrors will never steam up again. With a Devimat behind them, you will always have a clear mirror, and the mat can be connected to the bathroom light switch.

DEVI was established in Copenhagen, Denmark, in 1942. Today DEVI is the market leader in Europe in the field of electrical under-floor heating. They obtained this position by developing high quality and advanced products, which are very user friendly.

DEVI products are sold worldwide by their own local outlets. The company makes sure that all technical support and the latest technical developments are passed on to all installers worldwide. For more information, or your free estimate within one day, please see website www.domusheating.com. Alternatively, contact DOMUS Heating – Specialist installation of DEVI under-floor heating. Tel.: (+351) 289 322 852, Fax: 289 322 894, e-mail: domusheating@mac.com, or visit the showroom on the EN125, between Boliqueime and Vilamoura.

Alternative versions of floor heating available from DEVI are the ultra thin, ready to fit, Devimat Heating Mats.

Cushions, candles, custom furniture, and crafts at Cinnamon

Indian craftsmen turn wood into many decorative objects. Using local materials, and simple tools, they create cabinets, screens, tables, candleholders, boxes, trays and even toys. These are all available at Cinnamon, with each piece being carefully selected from different parts of India, thus ensuring the best quality.

Owner Roxanne believes that custom made furniture from India supplied by her, is truly unique to Portugal, such as wardrobes decorated with painted elephants, sumptuously carved beds, carved mirrors and children's furniture embellished with carvings of princesses.

Trained and skilled artists and craftsmen can create original works of art in the form of highly functional furniture customized to fit your specific design and size requirements. This results in solid pieces with an ethnic flavour. Once the order is placed, delivery is within a maximum of 3 months. All you have to do is provide an idea of the design and the measurements. If you have a special need requiring hand painted furnishings or cabinet work, contact Cinnamon - you'll be amazed at what they can do.

Moisturising soaps, with lovely aromas, made with natural oils, like sandalwood, almond, and coconut, are imported from the South of India.

If you simply can't decide what to buy someone, why not give them a Cinnamon gift voucher so they can choose. Vouchers come in a stunning handmade envelope and are valid for 6 months, for use online or in their shop.

Tea, specially selected and blended, in a variety of alluring aromas, such as jasmine, ginger, vanilla and orange are sold in wooden tea boxes, hand carved from Mango wood. Roxanne now supplies a new service in wedding lists and birthday lists. Another new initiative is a series of Indian cookery classes in association with Maharaja Tandoori in Lagos. Contact her for more information.

To keep up with UK demand, Roxanne is opening up a retail warehouse at the beginning of next year, in the UK.

Cinnamon has something to suit everyone's taste and pocket. Visit them from Monday to Friday 10am – 7pm and Saturday 10am - 5pm, at Lote 31, Loja C, Rua Francisco Xavier Ataide, Lagos (near Lidl supermarket). Tel.: (+351) 282 763 235, Fax: 282 764 946, or e-mail: roxanne@ cinnamon.com. pt. Alternatively, go to thier website: www.cinnamon.com. pt.

An excellent display of scented candles, glass-mosaic candle holders, carved candle stands and hanging lamps are available. The lamps are individually produced and embellished by artisans in Ferozabad, northern India.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 6 Oct 2007

PROPERTY OF THE WEEK

Quinta da Fonte do Penedo

It is not everyday that the chance to own a chapter of Portuguese history comes along, but with this week's property, that is exactly what is on offer. Quinta da Fonte, situated in the stunning countryside between Silves and Messines, is drenched in history and local legend, presenting the space and versatility to become the investment of a lifetime.

Comprising two individual structures, one the main building, the other a two-apartment guest house, Quinta da Fonte is spread over 5 hectares of land, on which there are two fresh water springs – one in the form of a cavern, the other an underground water mine.

It has been documented that the main building was originally built in 1963, but folklore regarding the area goes back over centuries. Legend has it that local militant 'Remexido' once used the grounds as a hiding place during the 'Miguelito' civil war. He was eventually captured on an open plane near Messiness, and subsequently executed in Faro. At one time, locals also used Quinta da Fonte's freshwater springs to quench their thirst on a hot day after strolling through the countryside. However, now the land is private, unexpected visitors will not be a problem!

A winding country track from the main Silves-Messines road leads upto the property. Parking is sufficient for a number of vehicles, though the main house has a garage large enough for four.

Both buildings have been completely re-rendered and reconstructed to the latest standards, incorporating traditional Portuguese building methods with quality, top-of-the-range finishings, including sanitary-ware, kitchenware, and tiling.

The two apartments (one up, one down), both of the same size, comprise spacious, open-plan living/dining/sleeping and kitchen areas, and have generously-sized separate bathrooms. However, given the room and flexibility the structure offers, this could easily become a two or three-bedroom house, or a three-apartment building.

The upstairs apartment can become completely self-contained as access is given via an exterior staircase, and has ample terraces to both the front and the back of the apartment, boasting stunning views over almost the entire Algarve coastline: a truly breathtaking view which nowadays has become a rarity.

The main house comprises a very large, open, country-style kitchen and dining area, divided by an American-style breakfast bar, through to the left of which is a lengthy living area, fronted by a series of windows and patio doors. The kitchen is further enhanced by a backdoor that opens onto a private rear patio, complete with in-built barbecue

To the right of the kitchen runs a corridor that gives passage to a bathroom, a double bedroom, and, at the end of the corridor, the main house's master bedroom.

As the main house gradually rises, the master bedroom becomes the first floor of the property, also offering fantastic views over the countryside to the coastline, as well as boasting the most sumptuously romantic en-suite bathroom, achieved by a double-size shower cubicle and a deep Jacuzzi bathtub.

From the dining area a flight of stairs lead down to the bottom floor directly into a bright and sunny office/study space, which in turn leads left into a large, open basement area that would transform perfectly as games room, a home-entertainment area, or as a gym.

To the rear of the office space is an inconspicuous, lockable wine cellar, and to the right, the property's third bedroom. All of the bedrooms have fitted wardrobes, and extra spaces for seating or dressing areas. A paved terrace runs along the front of the main house, offering not only a sunny, picturesque seating area for al-fresco dining, but provides yet another scenic point for more of those spectacular views.

Throughout both buildings many original, typical Portuguese features have been retained, reflected in the original brick and stonework on the floor and walls, in the style of the architecture, and in the traditional antique furniture used to dress the properties, also negotiable in the overall asking price.

Quinta da Fonte do Penedo is just waiting to be given its true lease of life, and would be idyllic as a quaint country bed and breakfast, a rural retreat, and is perfect for those with extended families due to the space and sleeping arrangements. As the property has only recently been completed and is ready to move into, it represents a great investment all-round.

The price has recently been significantly lowered, from €1,250,000.00, to the present fixed price of €850,000.00, to attain a quicker sale. For more information, please call (+351) 282 338 602, or 969 095 329. Serious buyers only.

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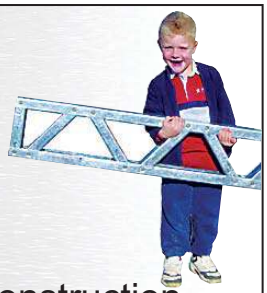

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PRIVATE SALE

Quinta da Fonte do Penedo

282 338 602
969 095 329
(Serious buyers only)

Quinta da Fonte is spread over 5 hectares of land offering fantastic views over the countryside and out to the coastline. The property comprises 2 individual structures: 1 main building, and a 2 apartment guest house. The main house has a very large open country style kitchen and dining area, spacious living area fronted by a series of windows and patio doors. 2 bedrooms and bathroom + a master bedroom on the whole 1st floor with en suite bathroom with a Jacuzzi. Office study, large basement, wine cellar, various terraces and patios. 4 car garage. Top quality finishings.

= Price: € 850.000,00 =

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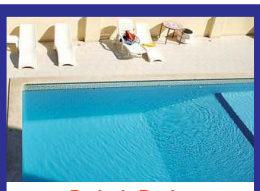


Praia da Rocha
1 Bedroom apartment totally renewed. Furnished, with equipped kitchen. Communal swimming Pool. One step away from Rocha beach.
Good Price!! Good Investment!!!

Refª 229-1 Price: **€ 95.000**

Armação de Pêra
T1 – New – Quality private Condominium. Swimming pool + parking place. Equipped Kitchen. One step away from Armação Beach.
Very Good !!!

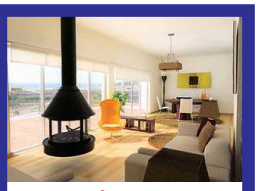
Refª 174-2 Price: **€ 100.350**

Aljezur
3 bedroom Villa set in a complex between Arrifana & Monte Clérigo beaches. Almost new, equipped & furnished, w/ pool, BBQ & garden. The 3 bedrooms are en suite Living room w/ fireplace. Pre-installation of central heating. A Very good investment!!!

Refª 047 Price: **€ 295.000**

Carvoeiro
Villa V2. Totally renewed. Furnished and equipped. Very pleasant, with solar panels. Placed at Carvoeiro centre, with a good sightseeing over the sea, from the terraces. Should be mentioned the algarvian garden. A special house!!!

Refª 115 Price: **€ 450.000**



Lagos
New, high quality Villa, w/ garden + garage. 3 of the 4 bedrooms are en suite. Sauna room. Equipped kitchen. Terrace w/ BBQ. A/c, Internet, digital parabolic, pre-installation of central vacuum & heating. Inner lift to top terrace w/ private Spa & panoramic view & to private heated sw. pool. **FABULOUS!!!**

Refª 176 Price: **€ 900.000**

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Fuzeta
Unique opportunity! Apartment building including one 1 bedroom apartment, one 2 bedroom apartment & a store on a commercial area!! Great rental potential!! **Income source!!**
Prices : € 450.000,00
Ref.: AO-EMP-0001
Call: 962 335 514

Tavira
Great opportunity!! Aprox.1400 sqm plot near Tavira for construction of a Villa... Great sea views!! Price includes borehole & fencing!!! (w/o fencing & borehole price drops to €80.000,00).
Price : € 100.000,00
Ref.: CB-TER-0004
Call: 962 335 514

Tavira
Totally refurbished **mill** with excellent first quality finishing materials. Spectacular views! Unique opportunity!!

Price: € 935.000,00
Ref.: MG-VIV-0064
Call: 917 787 582

Fuzeta
3 bedrooms townhouse under construction...very well located, with yard and roof terrace. Great Sea Views!! Excellent business opportunity!!
Price: € 230.000,00
Ref.: MG-VIV-0086
Call: 917 787 582

Tavira
Wonderful 4+2 bedroom townhouse under construction with garage, garden, roof terrace with BBQ…Great opportunity !! Sea views!!
Price: € 312.000,00
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East Algarve – Selected Properties in Tavira and Olhão

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AVIRA: R. Dr. José Pires Padinha 178, 8800-354 Tavira - Tel: 281 320 281
VILAMOURA: EN125, Boliqueime
Opposite Barclays Bk Tel: 289 301 294

Tavira
Something Special Opportunity to built 1 or 2 houses in the historical centre of Tavira, w/ garden & pool. Covered area 250 to 430 m2 depending on the size of garden.

Ref: LHR-747 Price: € 265.000

Tavira
T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m2, built in 2004.

Ref: LHT-824 Price: € 267.000

WANTED

Good quality properties

If you are the owner of a good quality property and wish to sell,

please contact us to arrange an appointment.

Tavira
Spacious, new 5 bedroom family residence, w/ office, garage, terraces & garden, in a quiet Cul de Sac. Construction approx: 238 m2, (excl. basement), plot 674m2.

Ref: LHV-935 Price: € 600.000

Moncarapacho
Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m2, plot 1337m2, built in 2006.

Ref: LHV-927 Price: € 850.000

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AMI 7042

Praia da Luz

- 2 Bedroom, 2 Bathroom
- Sea View
- Swimming Pool
- Needs Refurbishment

Ref. M307
Price: € 220,000

Praia da Luz

- 4 Bedroom, 2 Bathroom
- Sea View
- Space for Swimming Pool
- 1600sqm Plot

Ref. M281
Price: € 450,000

Praia da Luz

- 4 Bedroom, 4 Bathroom
- High Quality Construction
- 335sqm Build Area
- Sea Views

Ref. M293
Price: From € 845,000

Ferrel

- 3 Bedroom, 2 Bathroom
- 3800sqm Plot
- Country Views
- BBQ Area With Jacuzzi

Ref. M303
Price: € 479,000

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Parque da Floresta

- 4 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Large Living/Dining Room
- Wonderful Views
- Golf Rights
- Private Swimming Pool

€790,000
P968V

Parque da Floresta

- 2 Bedroom, 2 Bathroom
- Beautifully Furnished
- Roof Terrace
- Superb Golf Course Views
- Golf Rights
- Communal Swimming Pool

€377,000
P974T

Parque da Floresta

- 3 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Stunning Views
- Roof Terrace
- Golf Rights
- Communal Swimming Pool

€440,000
V417T

Parque da Floresta

- Fractional Freehold
- 2 Bedroom, 2 Bathroom
- Terraces
- Fully Furnished
- Golf Rights
- Communal Swimming Pool

€110,000 Quarter Share
P970T

Quinta de São Roque

- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Jacuzzi on Balcony
- Luxuriously Furnished
- Golf Discount
- Communal Swimming Pool

€115,000 Quarter Share
R622A

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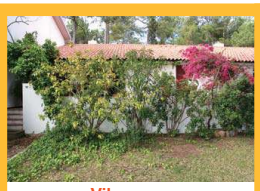
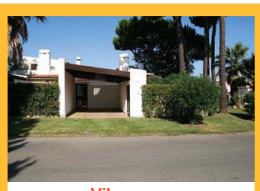


Vilamoura
Attached villa composed of 2 bedrooms, 2 bathrooms, lounge and dining area, kitchen, storage area and terraces. Construction area - 140 square metres.

Ref: V12491 Price: € 215,000

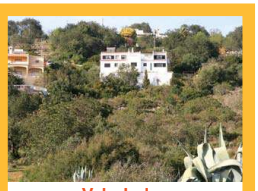
Vilamoura
Spacious 1 bedroom apartment plus 1 small bedroom, bathroom, lounge w/ fireplace, kitchen, hallway, storage & terrace w/ sea view. Parking space & storage in the basement. Communal sw. pool & garden area. Furnished & equipped. Const. area - 99 sq.m.
Ref: A1201 Price: € 272,000



Vilamoura
Semi detached villa in a beautiful complex w/ communal swimming pool & garden area. Composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace and dining area, kitchen, storage, terraces and roof terrace. Carport. Furnished and equipped. Const. area - 212 sq.m.
Ref: V12509 Price: € 350,000

Quatro Estradas
Semi detached villa composed of 3 bedrooms, 3 bathrooms, lounge and dining area w/ fireplace, equipped kitchen and terraces. Swimming pool and garage for 2 cars.

Ref: V12502 Price: € 395,000



Vale Judeu
Country villa composed of 6 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, laundry room, office, various storages & terraces. Carport. Swimming pool & garden. Furnished & equipped. Country and sea view. Plot area - 4000 sq.m.
Ref: V12483 Price: € 545,000

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Vilamoura
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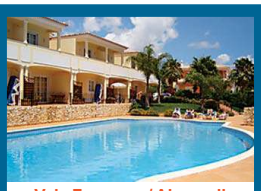
Price: **€ 295,000 / £ 203,000**



Vale Formoso / Almancil
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Vilamoura
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Price: **€ 395,000 / £ 272,000**

Vilamoura
4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: **€ 695,000 / £ 479,000**

Vilamoura
Beautiful spacious 3 Bedroom / 3 Bathroom detached villa located near "Browns" health club and Old Course Golf club overlooking Vilamoura Golf Academy.

Price: **€ 850,000 / £ 586,000**

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VILAMOURA – "FALÉSIA BEACH"
Ref. A71916
Brand new three bedroom apartment. 140 sq.m. 15 minutes walk to the Marina and beach. Top finishes. Fitted kitchen. Pre installed for a/c, central vacuum and surround sound system. Private parking and storage. Balcony w/ BBQ. Excellent letting potential.

Price: € 287.500

VILAMOURA – "PINHAL"
Ref. V71961
Single storey 4 bedoom villa. 260 sq.m. Beside the Club House of Pinhal Golf Course. 20 mins walk to marina & beach. Furnished & equipped. Winter garden. Landscaped garden w/ heated pool. Large basement. Lot's of character. Excellent investment.

Price: € 950.000

VILAMOURA - MILLENNIUM
Ref. A71948
2 bedroom apartment. 120 sq.m. Complex with large green area, pool and beside several golf courses. Fitted kitchen. Air conditioning. Private parking for two cars and storage. South facing balcony with barbecue. Excellent letting potential.

Price: € 265.000

VILAMOURA
Ref. A71903
One bedroom apartment. 70 sq.m. Between the Pinhal and the Old Course. Near all amenities. Furnished and equipped. Large balcony facing the pool area. South/West facing with panoramic sea views. Storage. Great investment. Easy letting.

Price: € 95.000

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Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ---------- € 975,000 Euros

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Price: € 600.000

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- Character traditional cottage
- Many original features
- 3 bedrooms, 1 bathroom
- Walled garden with ruin
- Cottage 105m², plot 700m²
- Well & country views

Ref. C903
Price: € 140.000

Tavira
- Partly built small hotel
- With ruins of a chapel
- 16 en-suite bedrooms
- Pool in the project
- Building 665m², plot 995m²
- Roof terrace, good views

Ref. I963
Price: € 975.000

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MONTES DE CIMA / Alvor - Single storey villa on spacious plot, rural setting.
Price: €299,000 (316V)

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Ref. V-316 Price: € 695,000

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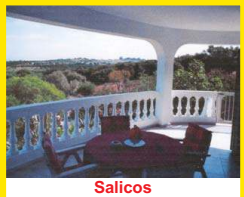

Salicos
Spacious 3 bedroom villa. Excellent location w/ view of Monchi-que mountains. On a cul-de-sac, close to Marinha beach, on 3000 sqm plot. Open space kitchen, lounge, dining room w/wood burner, large terraces, easy to maintain garden, space for swimming pool.
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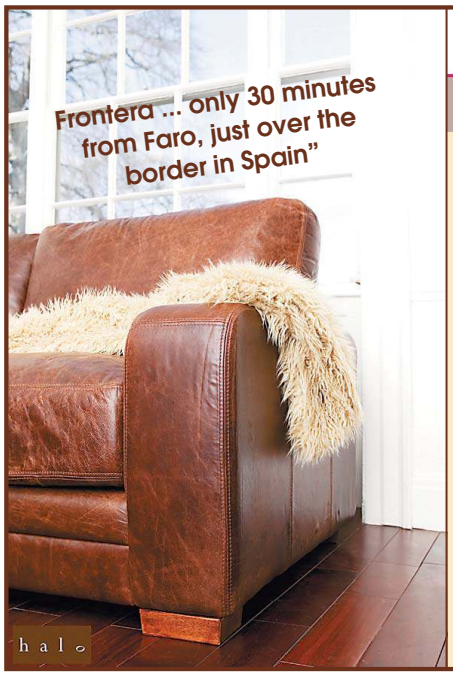

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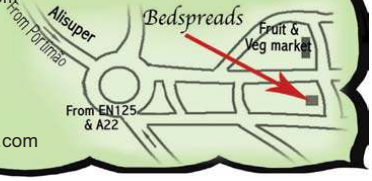

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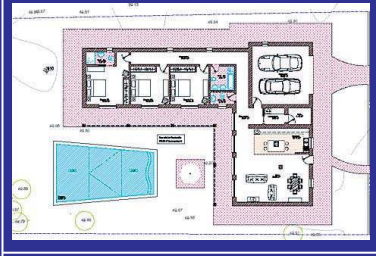

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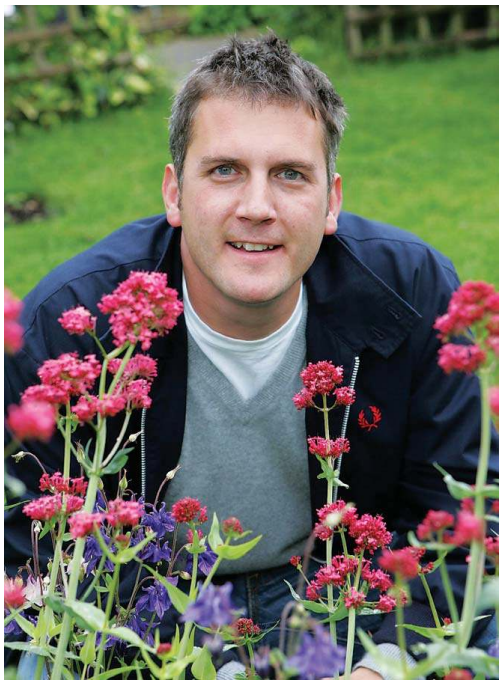
Matt James walks the green mile



British TV gardener Matt James may have transformed a lot of urban gardens, but now he's keen that we should all go that extra 'green' mile.

To do that, we need to learn the three Rs, he says - reclaim, re-use and recycle. With this in mind, the star of Channel 4's The City Gardener has been up and down the country offering tips and practical ways on how to reduce our carbon footprint in the garden, culminating in his new series on UKTV Gardens, Matt James's Eco Eden.

"Over 80% of our waste goes to landfill or is incinerated," he says. "People need to recycle or re-use what they've got." Of course, people should make their own compost with household waste and garden trimmings, but if your idea is to go out and buy some bags of compost from the garden centre, go for the peat-free versions, he urges.

"Peat is a wonderful growing medium but there are alternatives which are equally as successful," he says. Peat bogs contribute to the welfare of all living things by 'locking up' carbon that would otherwise increase the greenhouse effect.

Carbon, removed from the atmosphere over thousands of years, is released when bogs are drained and peat starts to decompose. Large areas of peatland have been decimated by agriculture and forestry, but commercial peat extraction to supply gardeners and nursery growers is the major threat now.

People with excess garden trimmings should visit neighbours who do have compost bins and may be willing to swap some home-made compost for some trimmings to top up their pile.

Gardeners should think about what they are throwing away, he urges. Could old bricks be re-used to edge new borders, for instance? If you are hard-landscaping, use local products such as clay tiles or local stone.

"If you are using timber, try to find out if it is coming from a sustainable source. If you are painting a fence or a wall, use paint low in VOCs (volatile organic compounds), which give off fumes from paint."

Obviously anyone who wants to be eco-friendly should throw out chemical pesticides and fertilisers and go for plantings which attract natural predators.

"Natural predators will quite happily take care of infestations," he says.

Ladybirds and some hoverfly eat green and blackfly, so plant some simple species with accessible pollen. Frogs, birds and hedgehogs are natural slug and snail predators, but you need to attract them in.

Leave a messy patch in your garden, letting wild flowers grow, perhaps placing some old logs nearby, to encourage an inviting habitat for such wildlife. Native plants tend to attract far more species of insect than hybrids or exotics, so they should be used as much as possible.

If you do have infestations of aphids, it may not be wise to blitz them completely, says James. "It's important to maintain a balance. If you are getting rid of all these pests, you're not going to get any predators, which means you're not going to maintain a balanced eco-system in the garden. If something's being munched, it's not the end of the world. It will come back."

Hannah Stephenson

What's in store

Madge and John Measures

If you are constructing a new garden or making changes to an established one you are perhaps looking for colourful shrubs for your borders.

Cestrum fasciculatum 'Newellii' is an attractive plant that is ideal for a garden where you are looking for an evergreen shrub that has dainty bending branches to grow at the back of a border as it grows to a height and spread of 3 metres. It flowers during the summer and autumn months and has panicles of red flowers that are occasionally followed by reddish purple berries. It is best grown in a good compost that is in partial shade. It does need water during the very hot months of the year and to be given a liquid fertiliser on a monthly basis during the active growing and flowering season.

For a lower growing shrub to plant nearer the front of a shrub border ***Cuphea hyssopifolia*** sometimes known as False Heather grows to about 50 cm high with a spread of between 20 and 70 cm. This is another attractive evergreen plant that has small dark green leaves and attractive pink, pinkish lilac or white flowers during several of the summer and autumn months. Grow it in a good soil mixture shaded from the very hot summer sun. Like the above plant it does need to be watered on a regular basis and given a balanced liquid fertiliser on a monthly basis during the active growing season. It is native to Mexico and Guatemala and does need to be given adequate protection if the temperature is likely to drop below 5ºC.

Another attractive shrub is ***Lantana montevidensis*** that is sometimes sold as ***L. sellowiana*** or ***L. delicatissima*** is another very appealing dainty spreading shrub, very unlike the more familiar Lantana camera that is much more upright. It does grow to a maximum height of 1m with a slightly larger spread, often scrambling through other shrubs. It produces dainty pinkish or purple flowers during many months of the year. Give it a well drained soil mixture in full sun and as with the two previous plants it does grow better if given a liquid feed on a monthly basis during the active growing period. This is a plant from tropical South America and therefore should be given protection if the temperature is likely to drop below 10ºC.

Three ways to...

Encourage wildlife into your garden

1. If your garden doesn't naturally provide enough habitat for wildlife, add a few bird-nesting boxes, bat roosting boxes or even hedgehog houses, which you part bury in dead leaves.
2. Make a small pool to encourage frogs, toads, damsel flies and dragonflies.
3. Provide a shelter for insects by stacking a pile of logs in the corner of the garden.

Top tips

to prevent disease when pruning fruit trees

1. Cut trees with diseases such as apple canker last.
2. Seal large cuts with wound paint to help prevent disease spores entering.
3. Burn infected prunings immediately.

1977

Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!

celebrating 30 years in print

From plot to plate

Garlic

If you are a lover of garlic - and let's face it, who isn't these days? - it's time to think about planting your own in autumn. Buy bulbs specially cultivated for planting and plant cloves individually in module trays with large cells, keeping them in a cold frame for the winter or at the base of a sheltered wall. The plants can then be planted in the ground in spring.

Alternatively plant in a sunny site in well drained soil, breaking each bulb into individual cloves and spacing them 8-10cm apart, with 30cm between rows. Plant so that the tips are just below soil level.

Weed regularly and give it an occasional thorough watering during dry spells to boost the yield, but don't water the bulbs once they are large and well formed or they might rot.

Good varieties include 'Purple Wight', a purple-streaked type which can be harvested from the end of June, and 'Solent White', which produces late maturing bulbs storing well.

Don't miss...

The chance to enter the 2007 RHS Photographic Competition, open to anyone with a great shot of the garden. Go to: www.rhs.org.uk/news/photocomp.asp for more information. Closing date for entries is October 26th 2007.

Some of last year's winning pictures are currently being shown at Gardens In Focus, a photographic exhibition which runs until October 31 in The Glasshouse at RHS Garden Wisley, Woking, Surrey.

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Purple passion

Turn rooms into cosy autumn sanctuaries with the season's most fashionable shade - purple. You'll recognise the symptoms if you're afflicted by this trend - a passion for purple, loopy about lavender, dazzled by damson.

You've probably caught this colourful condition from the catwalk - sexy, seductive purples have taken the fashion world by storm - and now they're weaving their magic into our homes.

It's not hard to see why. Purple is the colour of rich flamboyance, the signature colour of royalty, and it can't fail to add drama, decadence and luxury to rooms.

While rich purple can be overpowering if it's used too liberally, it's stunning when used in a statement piece like a sofa or a rug. Also those hues of violet and purple are known to be calming and soothing.

But if any colour's a scary concept after years of neutrals, avoid purple palpitations by experimenting with the shades first.

Find out if you're only flirting or have a serious commitment to the trend by adding small touches to rooms - cushions, a vase, or bedlinen. (As a guideline, purple's flattering partners are yellow and some shades of green.)

Nature gives us purple in various shades and tints, from lavender, lilac and gentian violet through to plum, damson, grape and aubergine.

So don't be afraid to mix your shades - layered together, and perhaps enlivened with dashes of pink or gold, you'll soon have a purple palace.

Purple reigns

If you're seriously addicted to purple splurge on a Smallbone kitchen, who offer units in a variety of mouthwateringly plummy shades (www.smallbone.co.uk). But turning a lounge into a sophisticated, luxurious zone by using plums and purples could be a lot less costly, and won't turn the bank balance an unflattering red.

Dip into plum and berry shades from Dulux's Feature Wall paint collection. Choose from Mulberry Burst or Redcurrant Glory.

Louise Smith, Dulux Colour & Design Manager says: "Redcurrant Glory and Mulberry Burst are both wonderful shades for dining rooms. With their association to juicy plumbs and gorgeous berry coulis, you can't fail to have an appetite for these colours." (www.dulux.com)

Purple posing

It's wise to test the depth of your affection for purples before making major investments in furniture. But if you've gone beyond flirting and are looking long term there's a good choice to satisfy your desire.

Purple's seductive, sultry and perfectly suited to a romantic bedroom. Devotees could make a statement with a Romance bed upholstered in Plum microsuede from Silentnight (www.silentnight.co.uk).

It's the 'new kid on the block', but Virgin Vie's home collections are already attracting compliments (www.virginvieat home.com). Its glamorous La Belle Vie Bedroom collection is in just the right plummy shades.

Lighting's key to creating a new look. Dazzle with a Lilac flock chandelier or cast a soft glow with an Orion Lamp in mouth-watering Aubergine, from Marks & Spencer (www.marksandspencer.com).

Gabrielle Fagan

Hues of violet and purple are known to be calming and soothing (PHOTO: Press Association).

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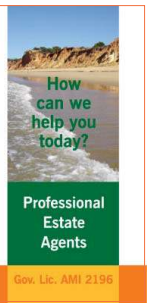

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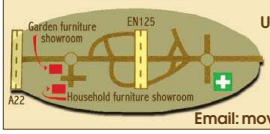

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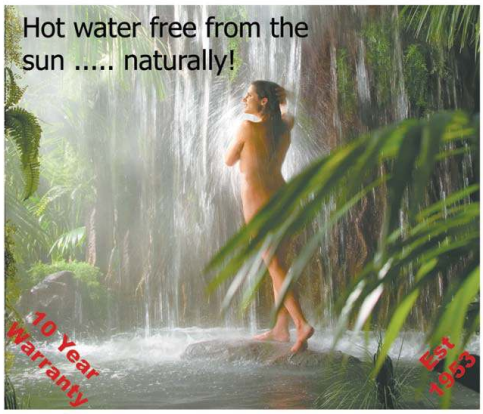

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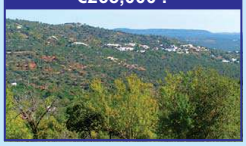

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Coffee creations

Coffee needn't just come in a cup, it can be used in a whole range of mouth watering ways.

Legions of caffeine fans know that coffee's so much more than a drink. It can be a life saver, kick starting the day, plugging energy gaps, reputedly helping sell houses with its homely aroma and not least smoothing the way to romance via the age-old chat up line, 'fancy a coffee back at my place?'.

There are, of course, limits - as teenage waitress, Jasmine Willis found out recently. She drank 14 shots of espresso - almost three times the recommended daily amount of caffeine - in just four hours, and had to be taken to hospital with a high temperature and heart palpitations.

She said ruefully: "Coffee's fine in moderation and really does pick you up but I just overdid it. I felt exhausted for days afterwards."

There are other less extreme ways of getting that coffee flavour - by using the ingredient in recipes. Susanna Blake makes that easy with her collection of cakes, desserts and drinks in her new book, Coffee Indulgences.

Susannah says: "Coffee isn't just for enjoying as a drink, it's the perfect flavouring too.

"Dark and bitter or subtly elusive, the taste of coffee is perfect in pastries, mousses, custards, sauces, creamy desserts, refreshing ices, cookie and cakes and hot and cold drinks."

She demonstrates this with mouth-watering recipes for Coffee, Pecan And Maple Cake, Coffee Cremes Brulees, Dark Mocha And Kahlua Mousse, as well as great summer cocktails like Coffee Granita, or Espresso Martini.

Susannah's chosen Cappuccino Cheesecake and a dinner party dessert, Ground-Coffee Crepes With Vanilla Ice Cream & Coffee Sauce for you to try.

Gabrielle Fagan

Cappuccino Cheesecake

Ingredients (Serves eight)

150g plain chocolate-covered digestive biscuits
60g butter, melted
500g mascarpone
125ml creme fraiche
3tbsp instant coffee, dissolved in 3tbsp just-boiled water
125g caster sugar, plus 1½ tbsp for the topping
4 eggs, beaten
240ml sour cream
cocoa powder, to dust
a 20-cm springform cake tin, greased

To prepare:

Put the digestive biscuits in a food processor and process until they become crumbs, then combine with the melted butter. Tip the mixture into the prepared cake tin and smooth out to make an even base. Cover and chill for 30 minutes.

Preheat the oven to 180C/350F/Gas 4. Beat together the mascarpone and creme fraiche until smooth, then stir in the coffee and sugar. Stir in the eggs until well mixed.

Wrap the base and sides of the tin in two single sheets of aluminium foil, then pour the mascarpone mixture over the crumb base.

Put into a roasting tin and pour water around the cake tin so that it reaches half to two-thirds of the way up the sides. Bake for about 50 minutes until set but still soft.

Meanwhile, stir the remaining 1 1/2 tablespoons of sugar into the sour cream. Remove the cheesecake from the oven, gently spoon over the sour cream, spreading it out evenly, then return to the oven for 10 minutes.

Remove from the oven and leave to cool, then cover and chill for at least four hours or overnight. To serve, carefully unmould and dust with cocoa powder.

Ground-coffee Crepes with Vanilla Ice Cream & Coffee Sauce

Ingredients (Serves four)

2tbsp fine coffee grounds
115g plain flour
1tbsp caster sugar
2 eggs, beaten
280ml milk
Sunflower oil, to grease
Good quality vanilla ice cream, to serve
Coffee Sauce:
120ml double cream
3tbsp freshly brewed espresso
150g white chocolate, roughly chopped

To prepare:

Combine the coffee grounds, flour and sugar in a bowl, then make a well in the centre. Beat the eggs and about a quarter of the milk to make a thick, smooth batter. Gradually beat in the remaining milk, cover and leave to stand for 30 minutes.

To make the coffee sauce, put the cream, espresso and choco-

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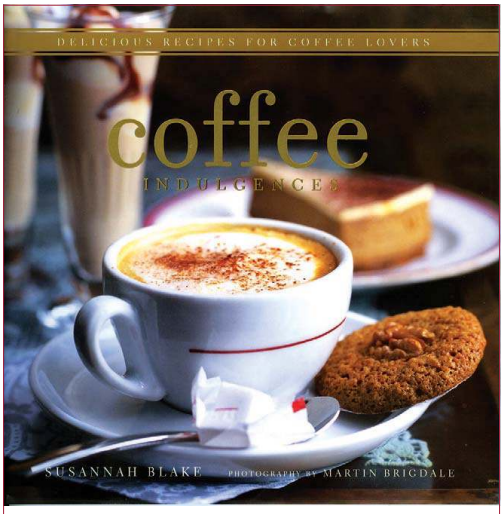

Coffee Indulgences, by Susannah Blake, is published by Ryland Peters & Small, priced £8.99/€.12.95. (All photos: PA)

late in a pan and warm gently, stirring, until the chocolate has melted. Keep warm or leave to cool, as desired.

Preheat the oven to its lowest setting. To make the pancakes, heat a non-stick frying pan until very hot, then moisten a piece of kitchen paper with sunflower oil and wipe over the surface of the pan.

Add a small ladleful of the batter and swirl to thinly coat the base of the pan. Cook for about one minute until the edges are dry and the crepe golden underneath, then flip over and cook the second side for 30 seconds or so until golden. Keep warm in the oven while you make another seven crepes.

Fold each crepe in half, then into quarters to make a cone shape. Place a ball of ice cream inside each cone. Drizzle with the coffee sauce and serve.

The **Don Toro Steakhouse** in the centre of Lagos, opposite the Cultural Centre, has the finest prime Argentinian, Irish and Brazilian angus steaks cooked to your taste, as well as homemade, gourmet burgers. Served with a choice of sauces, the food is very affordable and José and his international staff also offer delicious fish grills, and a selection of vegetarian dishes. Whilst the exterior is colourful, contemporary and welcoming the interior has a more subdued romantic atmosphere. You can choose to eat inside or under the stars on their terrace, and to accompany your meal they have a selection of wines stored in wood barrels and produced from a variety of Portuguese grapes.

O Beiral is situated in a quiet corner of Barão São João, near Luz. Not much to look at as you approach, but inside it's comfortable and rustic, with an 'at home' feel. It has a large terrace set in a lovely garden, full of flowers and there is a children's play area. New owners Olympia and Alessandro welcome you with a free Bruschetta! The freshest meat and fish are available to cook on your own stone. Prices are very reasonable and they have a selection of organic wines to choose from. And if you suddenly feel in the mood for a little music they have a variety of musical instruments you can play (but please only if you have a good ear for music!) If you want a relaxing evening, book your table to avoid disappointment.

Duna Beach Restaurant & Bar is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year round, you can chill out in the open, airy lounge atmo-sphere over-looking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingred-ients. These include Portuguese, international and vegetarian dishes. Opening at 9am with fingerfood and snacks the bar serves cocktails, long drinks, fruit juices and milkshakes, and doesn't close until 5am! There are sun loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and water sports. Occasional special events.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

The **Blue Wave Beach Bar** can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-piri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint -washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

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Porches 8400-471

Rainy Days

At the time of writing it has only been raining for two days - but it seems a lot longer! People are already ringing me in desperation to ask, "have we got doggy raincoats". There seem to be a lot of long haired dogs getting very wet and curly at the moment.

Cleo made a big mistake, she crept out on a call of nature only to be caught under a typical Portuguese 'shower'! Torrential downpour to use the correct terminology! So she rushed back in and now looks like a poodle - her beautiful long flowing black locks are in tight curls. She looks completely different. Unfortunately her type of coat does 'knot' up very easily so she and I will have a long session with the comb this evening. Her coat is much worse to cope with than any of my previous Old English Sheepdogs or my Bearded Collie.

So, I have found her trouser suit and she will be rushing around in that during the next few days until the rain stops. Merlin is still at Laura's and apparently having much fun getting very muddy, white legs, what white legs!! Back to trouser suits, I first saw them in the UK when a friend with 4 Bearded Collies arrived with all her dogs in red trouser suits, they did look cute. At the time I did not think my dogs needed them but 'filed' it away in my memory. With these two Water Dogs being show dogs the trouser suits became a reality. When I ordered mine I could only get navy ones, red would probably look better on the black dogs. They are a real godsend on long haired dogs, and not as difficult to put on as one first imagines. I intend to get Chloe, my Old English Sheepdog, a trouser suit as well, she has so much white on her, however she hates the rain so is less likely to set foot outside. We can get them to order quite fast if anyone is interested, they have to be ordered specifically as the legs are all different lengths!! Of course that has posed a problem with my Water Dogs, the front legs are fine but because they have no fur on the back legs I should have ordered slightly shorter ones. Hindsight is wonderful. My two have boots as well yes, very silly, but when taking them to a show is saves the panic when they rush around a field, as dogs do!

We have the doggy raincoats in stock, they are called a dogimac, come in a little bag to slip in a pocket, they are not too expensive and worthwhile to keep them dry.

Also do not forget, any of you out there with black dogs, as the nights and mornings get darker, the fluorescent coats as modelled by all three of mine at Scruffts. I find them absolutely marvellous for tracking down a black dog in the dark, particularly Cleo who is jet black. We also have leads and collars that glow in the dark, again useful for black dogs. These two are my first ever black dogs and they really are impossible to find in the dark!! Winter, dark mornings and evenings, where did the summer go? I seem to have spent it rushing around the country with two Water Dogs visiting International Dog Shows.

Now Julie and I are in planning mode for our visit to Crufts - yes it is six months away but time goes so fast - Cleo and Merlin will need their trouser suits for that trip I am sure. Maybe they will see snow, now that would be amusing!

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Last Days of 'Street Cats Neutering Campaign'

There is still **Thursday, 4th October** and **Friday, 5th October** at **Quinta dos Ciprestes, Ferrel, Lagos** (Jeff Allen's old veterinary clinic). 5 Euros per cat. Please call:

Michele: 919 457 263
Happyhounds@mail.telepac.pt

Vet List

Ana Silva
Consultório Veterinário Aurora
Pé da Cruz
8550-328 Monchique
telf - 282 911 008
Urgências - 964 192 251
email: ana_silva@netcabo.pt

James Cagney
Consultório Girassol
Estrada Palmares
8600-252 Odiáxere
Tel:282 799 268

Claudia Santos
Torrejão Clínica Veterinária
Sítio de Torrejão-Areeiro
8100-225 Loulé
Tel: 289 422 286
E-mail : torrejaoveterinaria@sapo.pt

North

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

Until 28 October

Exhibition by François Dufrêne at Museu de Serralves • François Dufrêne (1930-1982) is one of the most prominent artists of the French postwar scene. This exhibition, for the 1st time presented outside France, is a retrospective of his work (a mixture of large posters, sound and film) • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

9 October

Concert 'New Musics' from Emmanuel Nunes by Ensemble Modern de Frankfurt • 19h30 • €15 • Suggia Theatre • Casa da Música • 220120214 • Av. da Boavista, 604-610 •

GUIMARÃES

10 October

Dance Show 'Les Ballets C. de la B. Import Export' • 22h00 • Grand Auditorium of Centro Cultural Vila Flor • Price: €12.50/€10 w/discount • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

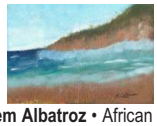
Every Friday

Coffee & Jazz Concert • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

Centre

CASCAIS

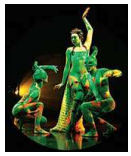
16-29 October



Painting Exhibition by Merle Cynthia Strachan at Estalagem Albatroz • African Caribbean & Portuguese oil and Acrylic paintings • Situated on Rua Fernandes Tomás, nº 1, the Estalagem Villa Albatroz was originally owned by the Dukes of Palmela, officially recognised as a building of architectural and historic-cultural interest • Open from 10h00 to 20h00 • 214647430

ESTORIL

Until 31 October



Show 'FOUR: ESPÍRITO DOS ELEMENTOS' at Salão Preto e Prata of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

LISBOA

Daily

National Museum of Ancient Art (popularly known as Museu das Janelas Verdes) • Founded in 1884, the National Museum of Ancient Art is located near Tagus river & occupies the Counts of Alvor's palace, dating from the 18th century and the old convent of Stº Alberto which chapel is a fine example of Portuguese Baroque art and architecture • Tue:14h-18h;Wed-Sun:10h-13h/ 14h-18h (Closed Mon & holidays) • Rua das Janelas Verdes • 213912800 • Entr. €3 • www.mnarteantigaipmuseus.pt

16-31 October

Mikhail Stepanov performs a new exercise - the 'Robot Aerial Straps' at the Arena Lounge of Casino Lisboa • Free entrance • For legal reasons, access to Casino Lisboa is reserved for visitors above 18 years old • Casino Lisboa on Alameda dos Oceanos, Lote 1.03.01, Park of Nations • Tel: 218929000 • info.casinolisboa@estoril-sol.com • www.casinolisboa.pt

20 October

Piano Solo Concert by Chick Corea • 21h00 • Main Auditorium of Belém Cultural Centre • Tickets from €15 to €50 • Praça do Império • Tel: 213612400 • www.ccb.pt

Until 21 October

Shakespear's Play Hamlet produced by João Mota • With Portuguese acclaimed actor Diogo Infante • Teatro Municipal Maria Matos on Av. Frei Miguel Contreiras, 52 • Wed-Sat: 21h30 / Sun: 17h00 • Price: €15 (On Thu €7.5) • Tel. 218 438 800 / Box Office. 218 438 806/9 • Fax. 218 470 972 email: teatromariamatos@egeac.pt

Daily

Oceanário of Lisbon • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06

SINTRA

Daily

Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

South

ALBUFEIRA

Daily

Municipal Archaelological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ALMANCIL

28 October

6th Annual Health Run at Ria Formosa Bridge, Quinta do Lago • Meeting at Ria Formosa Bridge Car Park in Quinta do Lago • Start: 10h30 • A fun 5 or 10km run or walk for all the family to raise funds for the underprivileged children of the Algarve • Entry: Adults: €12 / Children until 16 years old: €5 / 2 adults plus children: €25 • includes a free T-shirt • Contacts: Wanda Crawford - 919617995 / Jackie Quirk - 963494788

ARMAÇÃO DE PERA

Monthly

Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first ***Thursday*** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

FARO

23 October

Contemporary Theatre-Dance 'Insula / A Ilha' • In the scope of Commemorations on the 10th Anniversary of the Romania Consulate in Algarve, the show has the sponsorship of the Embassy of Romania in Portugal and of the Romanian Cultural Institute • Produced by Florin Vidamski and choreographed by Fatma Mohamed • Teatro das Figuras at 21h30 • Info: 289888100

Walks - Every Friday - East Algarve Walks. Info:913595868 moonlighservices@yahoo.co.uk

SANTANA DA SERRA

Daily

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • ww.equiserra.com

SÃO B. MESSINES

Tue, Wed, Sat

"Desperate Horsewives!" social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children´s pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

Daily

Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

Daily

Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

www.the-news.net

• 12 October, 20.30, S. Brás Museum •

Song, Tune and Story Night • Following the huge success of an evening of songs, stories, poems and music, **Friends of the Museum in São Brás** are now making a regular monthly feature (second Friday) of this informal and fun evening. So, if you enjoy singing solo or with others, if you play an instrument, if you can tell a good story, if you enjoy reading out poetry or if you are just happy listening , why not come along and join us? • All contributions are equally valued • admin@amigos-museu-sbras.org 966329073 / lua azul 289845452 / museum 289840100 • www.amigos-museu-sbras.org •

... only one suitcase in Berlin

... is the title of one of the songs that Gisela Reuter and Lutz Kettnaker will be performing at the Museu do Trajo on Saturday 13 October at 8 pm. Their programme is based on the glamourous club society of Berlin in the 1920´s and 1930´s. In 1999 Gisela changed her career from being a Gestalt therapist to one of a chanteuse. She used to be a member of the Trio, ´Schraeglage´but now concentrates on a solo career. Lutz Kettnaker has been playing the piano from the age of 6 and he qualified as a teacher of the piano in Berlin. He has played in a number of music groups and has accompanied such singers as Syllle Vie C, Gabrielle van der Linden and Birgit Wegemann. information/tickets: admin@amigos-museu-sbras.org 966 329 073/ lua azul 289 845 452/museum 289 840 100 www.amigos-museu-sbras.org

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15:00H - 18:00H
RUA DO CANAL 2
8600 LAGOS (CENTRO)
TEL.: 282 764 224 - MOBIL: 968645147
WWW.SANDERDANCE.COM

HORSE COURSE

Portuguese Working Equitation

The course in Portuguese Working Equitation with the well known Portuguese rider and competitor Pedro Neves from Santarem, which was to be held at the end of September at Pinetrees Riding Centre, unfortunately had to be postponed. However Pinetrees hopes to stage the course in the near future.

The course, organised by Algarve Riding Club, will be held over a weekend and will consist of an Introduction and theory, demonstration, dressage practical working individually, social light lunch and on Sunday the 'maneabilidade' – manageability over a handy horse course. Spectators may also attend the course and if you do not have a horse one could be hired from Pinetrees.

It is not necessary to have the traditional Portuguese tack or outfit – just your normal riding gear.

For those interested in learning something fun and new with their horse, or developing skills if already familiar with this discipline, please contact for more information on 919 363 190 or e-mail: pinetrees.riding@world.net.pt. Once there is a list of people wishing to attend we will set a new date for the course.

WALKS

Let's Walk from Fonte Louseiros

A very easy two hour circular walk through the countryside which sees very few visitors and is therefore very unspoilt. Terrain: surfaced road &good tracks. Footwear: trainers or comfortable outdoor shoes. Equipment: a bottle of water and sense of humour.

No need to book please just come along but please be aware we do leave on time.

10.30am start - meet outside the Cafe Falcão in the centre of the village. If coming from Silves take the road towards Algoz when you come to the village of Alcantarilha Gare turn left by the station over the railway track and follow the road inland for about 5 km (there are no signs just keep going) until you come to Fonte Louseiros; in the centre of the village there is a junction of roads and the cafe is on the right.

Saturday October 6th & Monday October 8th. Cost: €5. Call walk leader: (Saturday) Julie Statham on 282 697 298 or 965 753 033, (Monday) - Silvia Smeman 289 478 845 or 963 737 170.

DANCE

Platform of Portuguese art

CAPA, the Algarve Centre for the Performing Arts and the Teatro das Figuras in Faro are presenting the most recent works by a group of emerging Portuguese choreographers. The programme includes: October 7th: Pré Ego Skin (by Amélia Bentes); Última Chamada (by Rafael Alvarez), Odete, Odile (by Sara Vaz) and Ícones (by Vítor Hugo Pontes). October 8th: Madame Monsieur la Bruje (by João Costa), O Labirinto A Morte e o Público (by João Samões), Ser Humano (by Luís Guerra) and Como se pudesse ficar ali para sempre (by Tânia Carvalho).

October 7th & 8th at Teatro das Figuras in Faro from 9.30pm. Call 289 828 784 or visit www.devir-capa.com for more information.

LIVE MUSIC

Cristina Afonso and many more...

Cristina Afonso is fast building a reputation for being a inspirational musician, who captivates audiences wherever she entertains. Surrounded by the very best, professional, multinational musicians, her performances stir many emotions leaving a lasting impression of deep joy. See her live on Sunday, October 7th from 3pm at Café Inglês. Other performances on the weekend include Tuniko Goulart on Friday, October 5th from 8.30pm and Hoedy's Jazz Laundry on Saturday, October 6th from 8.30pm.

October 5th – 7th at Café Inglês in Silves.

Rocktober fest – think pink, find a cure

This month, the Hard Rock café in Lisbon is promoting a series of live concerts, in aid of breast cancer awareness. Programme includes live performances from Portuguese sensation band Fingertips on October 11th, featuring a special appearance by Francisco Cappelle. October 18th presents Soulbizness and last but not least singer Paulo Gonzo on October 25th.

All October, from 10.30pm at Hard Rock Café in Lisbon. Entrance: €10. All proceeds go towards Portuguese Cancer Foundation.

An evening with Graham Cooper

Graham Cooper is quite likely to have you listening to his own songs as well as those of John Prine, Harry Chapin and Duke Ellington. Friends of the Museum in São Brás are delighted that Graham Cooper will be performing in the Museum Gallery at 20.30 on Friday 5th October. Graham has sung and played piano or guitar at folk clubs, colleges and concert halls across the UK and Europe, from the Cambridge Festival to the Reading Rock Festival. He has also been involved in numerous radio and TV programmes, including 'The Old Grey Whistle Test'. Graham is Musical Director of two theatre groups as well as being in big demand as a solo performer or as part of the duo, 'Simply Acoustic' Graham was a member of 'The GoodTime Jazz Band' for two years and travelled with them to the First International Jazz Festival in the Cape Verde Islands.

"I am delighted that we have such a magnificent start to our new monthly series of acoustic music concerts" said Lynne Booker, Director of Friends of the Museum, 'we have a number of exciting concerts coming up which will feature acoustic music from different countries. On November 2nd the English trio 'Hoover the Dog' will be appearing in the Museum and on December 7th the 10 piece Portuguese group 'Veredas da Memória' will be performing traditional music from the Algarve. As well as professional performances we are also holding a monthly songs, poems and stories evening where anyone can come along and perform in an informal and friendly atmosphere. (The next session will be on Friday 12 October at 20pm).

For tickets and information: admin@amigos-museu-sbras.org 966 329 073/lua azul 289 845 452/museum 289 840 100 www.amigos-museu-sbras.org

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COMING SOON **BOX OFFICE** COMING SOON

LIVE CONCERTS

OCTOBER

Rão Kyao – October 19th at Lisbon Cultural Centre in Belém from 9pm. Tickets: €15

Clã – October 20th at Guarda Municipal Theatre. Further info TBA.

Mafalda Veiga & João Pedro Pais October 26th & 27th – Lisbon Coliseu from 10pm. Tickets: €17.5 - €40.

Comeback Kid, Devil in Me, All Against The World, These Hands Are Fists – October 28th at Seixal Ginásio Club de Corrois from 6pm. Tickets: €20 - €22.

Enrique Iglesias – October 28th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €23 - €50.

Patti Smith – October 28th at Lisbon Coliseu. Tickets: €25 - €30.

NOVEMBER

Interpol + Blonde Redhead – November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

Da Weasel – November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.

Editors – November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.

NOFX, The Loved Ones, Easyway, Humble – November 18th at Carcavelos Pavilhão Desportivo da Quinta dos Lombos from 6pm. Tickets: €25.

Marilyn Manson + Turbonegro – November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.

Jorge Palma – November 20th at Lisbon Coliseu. Further info TBA.

DECEMBER

Xutos e Pontapés – December 8th at Lisbon bullring in Campo Pequenos from 11pm. Tickets: €5.

JANUARY

Strauss Orchestra Festival – January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

FEBRUARY

Korn - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

MARCH

The Cure - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

LIVE SHOWS

OCTOBER

Argentinean Tango – Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. October 20th from 9.30pm at Aula Magna in Lisbon. Tickets: €20 - €35.

The Great Beijing Acrobat Circus – Founded in October 1950, this acrobatic performance has traveled the world. October 26th – 27th at Lisbon Coliseu. October 31st – November 1st Oporto Coliseum. Tickets: €10 - €30.

NOVEMBER

Argentinean Tango – Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. November 10th from 9.30pm at Teatro das Figuras in Faro. Tickets: €25.

Bugs Bunny on Ice – 'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st – 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

Barbie at the Symphony - This series of 6 CGI animated films features Barbie™ singing and dancing to some of the world's best loved musical scores, and includes ballet sequences choreographed by Peter Martins of the New York City Ballet. November 17th and 18th at Lisbon Coliseu dos Recreios from 11am to 3pm. Tickets: €20 - €35. November 25th at Oporto Coliseu in Oporto from 11am to 3pm. Tickets: €18 - €35.

Sleeping Beauty Ballet – This show has been described as representing a 'Ballet Symphony'. November 22nd – 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

FEBRUARY 2008

Tap Dogs – Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.

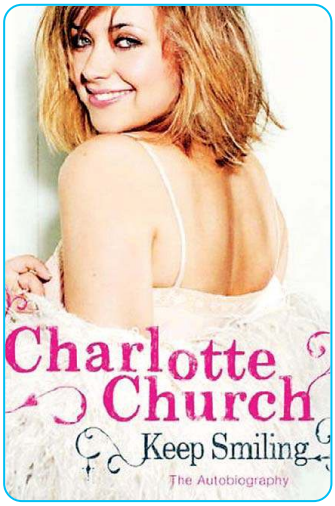
TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

BOOK REVIEW

Keep Smiling

By Charlotte Church, published in hardback by Orion Books Available now.



Many know Charlotte Church as a child protege with a voice of an angel, whose personality and innocent charm eventually became spoilt by booze, cigarettes, foul language and chavvy boyfriends.

But now Charlotte seems to have it all and has settled down with Welsh rugby hero Gavin Henson to look after their newborn baby daughter Ruby Megan Henson. But isn't she still a crude lager lout?

I'm ashamed to say this is the vision of Charlotte I had before reading this book. I would never have bought it in a shop, and was cringing while opening the pink cover, but straight away she had me hooked, shooting straight from the hip with such a no-nonsense approach to her life and the tale of her projection to stardom at the age of 12.

She tells candidly of how the press hailed her as a young girl, praising her every move as she travelled around the world cracking the market in Europe, Japan and America. She devotes most of the pages to her younger days, where like most people her family and close friends play a major role in her upbringing.

But that's where the similarities with the average person end, and Charlotte had to learn how to balance her schooling with world tours and one-off events. She was meeting Hollywood stars and singers as routine, and lifts the lid on the most memorable encounters - both positive and negative.

Charlotte holds no opinions back, which makes the book so readable, but at just 21 she comes across as slightly arrogant and condescending at points, suggesting legends Tom Jones and Tony Bennett are too old to sing and should retire. As she matured, Charlotte tells of how she wanted to discover who she is, and to simply have a good time like a normal teenager.

But Charlotte is not normal, and the press following her every move suddenly changed their attitude towards her, reporting most incidents in a bad light. She admits to some bad behaviour, but claims most negative press cuttings were set up, and the hideous images of her being sick and falling over were manipulated.

She also tells of the hurt and pain caused when her nearest and dearest sell stories, or when her personal family life is strewn across the centre pages. Charlotte ends the book in the present, with just one chapter on her pregnancy and life alongside Gavin Henson, but this seems a natural conclusion.

At 21, she doesn't seem like she could possibly have that much to say, but life before Gavin made her the person she wants to be: a good mother who is successful and doesn't swear.

Caroline Davidson

LIVE CONCERTS

Dimmu Borgir

Dimmu Borgir (pronounced Dim-moo-bore-gear) is a symphonic black metal band from Norway. 'Dimmu Borgir' literally means 'Dark Castle' in archaic Icelandic ('Dark Cities' in modern usage). The name itself is derived from volcanic formations found in Iceland called Dimmuborgir.

October 9th at Lisbon Coliseu from 9pm. Tickets: €20.

EXHIBITIONS

Student artwork - Cascais

The International Schools of Portugal are hosting an exhibit of student artwork at the Cascais Cultural Center from Thursday, October 4th through Sunday, October 7th. This exhibit is in conjunction with the annual meeting of the European Council of International Schools board meeting held this year in Lisbon. The exhibit showcases works by students ranging in age from six to 18 and includes a variety of media from painting to sculpture.
October 4th – 7th at Cascais Cultural Centre.

Mary St. George exhibition - Cascais

A series of acrylic paintings on canvas on the subject of beaches in winter on the Lisbon Coast is opening on October 5th from 7pm.

All done on site, some adapted later using mixed media. Two etching books accompany this exhibition which also deals with the beach during the winter season. One is entitled 'Sandlines' ('Traços na Areia'), The other 'Magoito'.

The purpose of these paintings is to catch moments on the beach when no one is there.

It has to do with weather, colour, light and movement.

October 5th – May 14th at Villa Albatroz in Cascais. Call 962 447 888 for more information.

FAIRS

World bird Festival

Have you always been interested in bird wildlife? Today (October 6th) a festival on birds, with talks being held on migration, and there will be a bird watching guided by Simon Water.

October 6th from 8pm at Cabo S. Vincente parking. Organised by LPN Algarve. Call 962 555 685 or e-mail lpn_algarve@yahoo.com.

Visit our e-edition on
www.the.news-net

Fortaleza da Luz Restaurante hosts
'The City of Coventry Brass Band'
A charity concert in aid of NECI* … help us help the children!

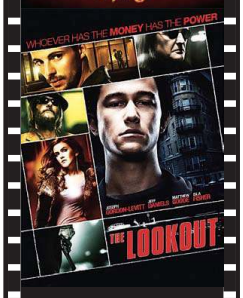
Come and enjoy an afternoon of nostalgia with the wonderful 30 piece Coventry brass band playing all your favourite tunes in the gardens of the Fortaleza:

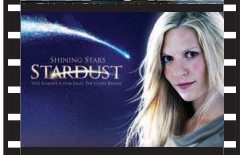
- Music from the shows,
- Film themes,
- Famous British marches,
- Popular Hymns,
- … plus many, many more

2.30- 5pm
Saturday, 20th October

Tickets on sale at the Fortaleza da Luz: advance tickets €15, on the door €20. Includes welcome drink. Call 912511196 for further information.

*NECI is a Luz based school helping mentally and physically handicped children overcome their dissabilities





No Reservations

The Bourne Ultimatum

A Shark Tale

Everyone's Hero

Ratatouille

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
4 OCT - 10 OCT

1
Ratatouille
Animation PV
(10.30 Sat & Sun)
Planet Terror
Freddy Rodriguez, Rose McGowan
14.45-17.15-19.35-22.00 (00.20 Fri & Sat)
2
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
14.10
1408
John Cusack, Samuel L. Jackson
16.50-19.10-21.50 (00.15 Fri & Sat)
3
Ratatouille
Animation OV
(11.05 Sat & Sun)
The Bourne Ultimatum
Matt Damon, Julia Stiles
13.35-16.10-18.45-21.20 (23.55 Fri & Sat)
4
Ratatouille
Animation PV
(12.00 Sat & Sun)
Are We Done Yet?
Ice Cube, Nia Long
14.30-16.35-19.00-21.10 (23.20 Fri & Sat)
5
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
13.45-16.20-18.55-21.30 (00.05 Fri & Sat)
6
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
14.00-16.25-18.45-21.10 (23.35 Fri & Sat)
7
Everyone's Hero
Animation PV
(10.20 Sat & Sun)
Stardust
Charlie Cox, Peter O'Toole
(12.30 Sat & Sun) 15.20-18.10-21.00 (23.50 Fri & Sat)
8
Surf's Up
Animation PV
(10.15-12.20 Sat & Sun)
Next
Nicolas Cage, Julianne Moore
14.20-18.50 (23.15 Fri & Sat)
Factory Girl
Sienna Miller, Guy Pearce
16.40-21.05
9
Shark Bait
Animation PV
(10.40-12.40 Sat & Sun)
Superbad
Jonah Hill, Michael Cera
14.40-17.10-22.10 (00.35 Fri & Sat)
A Mighty Heart
Angelina Jolie, Dan Futterman
19.40

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
4 OCT - 10 OCT

1
The Bourne Ultimatum
Matt Damon, Julia Stiles
14.00-16.30-19.05-21.30-00.00
2
A Mighty Heart
Angelina Jolie, Dan Futterman
14.20-16.50-19.25-21.50-00.10
3
Superbad
Jonah Hill, Michael Cera
14.10-16.40-19.15-21.40-00.05
4
Ratatouille
Animation PV
13.50-16.20-18.55
Hostel: Part II
Lauren German, Roger Bart
21.20-23.40
5
Stardust
Charlie Cox, Peter O'Toole
13.30-16.00-18.35-21.10-23.45
6
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
13.40-16.10-18.45-21.20-23.50

OV = Original Version
PV = Portuguese Version

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
4 OCT - 10 OCT

1
Planet Terror
Freddy Rodriguez, Rose McGowan
13.10-16.05-18.40-21.15-23.45
2
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
13.30-16.10-18.50-21.30-00.15
3
Ratatouille
Animation PV
13.35-16.00-18.35
Next
Nicolas Cage, Julianne Moore
21.00-23.30
4
1408
John Cusack, Samuel L. Jackson
14.00-16.40-19.00-21.50-00.20
5
Shark Bait
Animation PV
13.15-15.15-17.15-19.15
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
21.10-23.40
6
Are We Done Yet?
Ice Cube, Nia Long
13.40-16.50-19.10-21.40-00.00
7
Stardust
Charlie Cox, Peter O'Toole
13.00-15.45-18.30-21.20-00.10
8
The Bourne Ultimatum
Matt Damon, Julia Stiles
13.20-16.20-18.55-21.25-23.55
9
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
13.50-16.30-18.45-21.35-23.50

LUSOMUNDO VILAMOURA
TEL: 289 302 277
4 OCT - 10 OCT

Stardust
Charlie Cox, Peter O'Toole
15.30-18.30-21.30

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
4 OCT - 10 OCT

Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
.45
Milla Jovovich, Stephen Dorff
Planet Terror
Freddy Rodriguez, Rose McGowan
Fados
Documentary
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
Superbad
Jonah Hill, Michael Cera
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Ratatouille
Animation PV
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Shark Bait
Animation PV
A Mighty Heart
Angelina Jolie, Dan Futterman

MILLENIUM ALVALÁXIA
TEL: 21 754 9000
4 OCT - 10 OCT

Planet Terror
Freddy Rodriguez, Rose McGowan
Are We Done Yet?
Ice Cube, Nia Long
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
.45
Milla Jovovich, Stephen Dorff
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
A Mighty Heart
Angelina Jolie, Dan Futterman
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Superbad
Jonah Hill, Michael Cera
Ratatouille
Animation PV
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes
Hairspray
John Travolta, Queen Latifah
Surf's Up
Animation PV
Mr. Brooks
Kevin Costner, Demi Moore
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James

LUSOMUNDO AMOREIRAS
TEL: 707 246362
4 OCT - 10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
.45
Milla Jovovich, Stephen Dorff
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
1408
John Cusack, Samuel L. Jackson
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
4 OCT - 10 OCT

Planet Terror
Freddy Rodriguez, Rose McGowan
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation PV
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
The Lookout
Joseph Gordon-Levitt, Jeff Daniels

LUSOMUNDO COLOMBO
TEL: 707 246362
4 OCT - 10 OCT

Planet Terror
Freddy Rodriguez, Rose McGowan
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
.45
Milla Jovovich, Stephen Dorff
Are We Done Yet?
Ice Cube, Nia Long
Shark Bait
Animation PV
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Superbad
Jonah Hill, Michael Cera
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
4 OCT - 10 OCT

Are We Done Yet?
Ice Cube, Nia Long
Superbad
Jonah Hill, Michael Cera
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
4 OCT - 10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
Fados
Documentary
Superbad
Jonah Hill, Michael Cera
Ratatouille
Animation OV
Shark Bait
Animation PV
Goya's Ghosts
Natalie Portman, Javier Bardem
The Contract
John Cusack, Morgan Freeman
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Stardust
Charlie Cox, Peter O'Toole
2 Days in Paris
Julie Delpy, Adam Goldberg
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes
The Bourne Ultimatum
Matt Damon, Julia Stiles
Next
Nicolas Cage, Julianne Moore
Fay Grim
Parker Rosey, Liam Aiken
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
A Mighty Heart
Angelina Jolie, Dan Futterman

UCI CINEMAS FREEPORT
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4 OCT - 10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
The Bourne Ultimatum
Matt Damon, Julia Stiles
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
1408
John Cusack, Samuel L. Jackson
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation OV
Superbad
Jonah Hill, Michael Cera
Everyone's Hero
Animation
Next
Nicolas Cage, Julianne Moore
The Contract
John Cusack, Morgan Freeman

LUSOMUNDO FORUM MONTIJO
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4 OCT - 10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
The Bourne Ultimatum
Matt Damon, Julia Stiles
Meet the Robinsons
Animation PV
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation PV
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James

LUSOMUNDO ODIVELAS PARQUE
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4 OCT - 10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation PV
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Superbad
Jonah Hill, Michael Cera
Ratatouille
Animation PV
A Mighty Heart
Angelina Jolie, Dan Futterman
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
4 OCT - 10 OCT

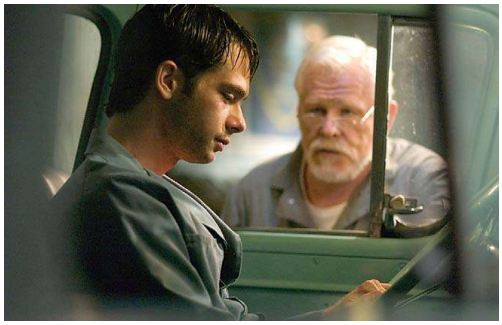
Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson

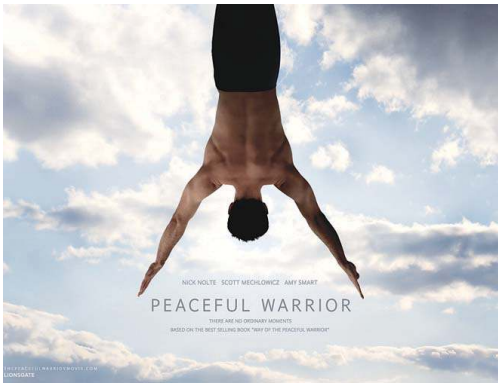
LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
4 OCT - 10 OCT

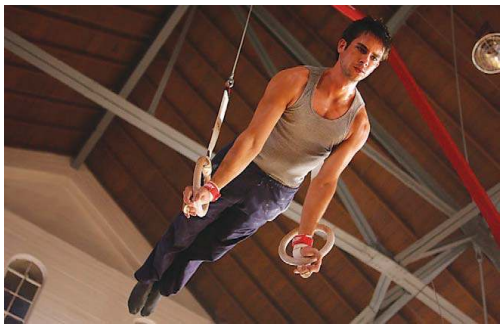
Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
.45
Milla Jovovich, Stephen Dorff
Fados
Documentary
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Shark Bait
Animation PV

OV = Original Version

PV = Portuguese Version



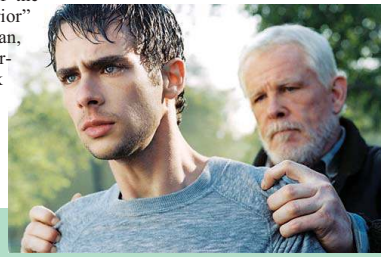


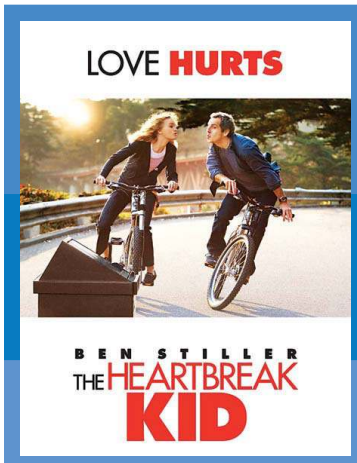


Dan Millman (Scott Mechlowicz) is a gifted young athlete bound for Olympic gold who will do anything to be the best. Driven by success, Dan has got it all: trophies, fast motorcycles, fast girls, and wild parties. But Dan's world is turned upside down when he meets a mysterious stranger in a gas station (Nick Nolte) who holds the power to tap into new worlds of strength and understanding.

The young man discovers that he has much to learn and even more to leave behind in order to master this new vision of greatness in this moving tale about the power of human will.

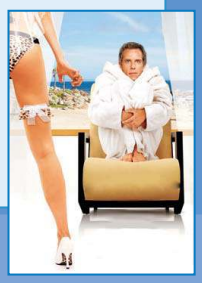
Based on the semi-autobiographical book loved by millions, "Way of the Peaceful Warrior" by Dan Millman, "Peaceful Warrior" stars Nick Nolte (Hotel Rwanda, The Hulk), Scott Mechlowicz (Eurotrip, Mean Creek), Amy Smart (Just Friends, The Butterfly Effect), and Ashton Holmes (History Of Violence).





Every man's worst nightmare comes true in this comedy from the Farrelly Brothers and the star of their film *There's Something About Mary*. Ben Stiller plays a commitment phobe who finally takes the plunge and marries a woman who seems normal. But immediately after their wedding, she shows her true colours, and they couldn't be uglier.

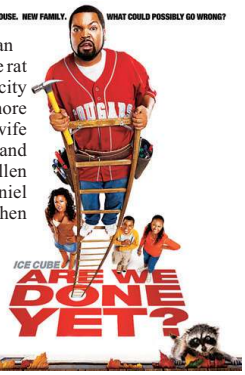
Single and indecisive, Eddie (Ben Stiller) begins dating the incredibly sexy and seemingly fabulous Lila (Malin Akerman). Upon the urging of his father and best friend, Eddie proposes to her after only a week, fearing this may be his last chance at love, marriage, and happiness. However, while on their honeymoon in sunny Mexico, Lila reveals her true, beyond-awful, nature and Eddie meets Miranda (Michelle Monaghan), the woman he realizes to be his actual soul mate. Eddie must keep his new, increasingly horrid wife at bay as he attempts to woo the girl of his dreams.



Milla Jovovich stars as Kat, a beautiful bad girl with a passion for guns and danger. Stuck in a life of crime and controlled by her ruthless, drug-dealing boyfriend Big Al (Angus Macfadyen), she wants more than what he has to offer. When Kat starts making her own deals and Big Al's sidekick (Stephen Dorff) professes his love for her, tensions rise and jealousy explodes. Desperate to start a better life, Kat knows revenge is the only answer. Now, with help on her side, she can take down Big Al once and for all.

Robert Rodriguez, co-director of *Sin City*, brings you *Planet Terror*, a retro-futuristic vision of horror that's been weathered, stripped, and aged to perfection.

In *Planet Terror*, married doctors William and Dakota Block (Josh Brolin and Marley Shelton) find their graveyard shift inundated with townspeople ravaged by gangrenous sores and a suspiciously vacant look in their eyes. Among the wounded is Cherry (Rose McGowan), a go-go dancer whose leg was ripped from her body during a roadside attack. Wray (Freddy Rodriguez), her former significant other, is at her side and watching her back. Cherry may be down, but she hasn't danced her last number. As the invalids quickly become enraged aggressors, Cherry and Wray lead a team of accidental warriors into the night, hurtling towards a destiny that will leave millions infected, countless dead, and a lucky few struggling to find the last safe corner of *Planet Terror*. *Planet Terror* also stars Bruce Willis, Michael Biehn, Jeff Fahey, Naveen Andrews, Stacy Ferguson, Quentin Tarantino and Michael Parks.



Are We Done Yet? is a follow-up to the hilarious 2005 family comedy *Are We There Yet?* and picks up where the last story left off. Now married to Suzanne (Nia Long), Nick Persons (Ice Cube) has bought a quiet suburban house to escape the rat race of the big city and to provide more space for his new wife and kids Lindsey and Kevin (Aleisha Allen and Philip Daniel Bolden). But when his new home quickly becomes a costly "fixer upper" and he finds himself at the mercy of an eccentric contractor (John C. McGinley), Nick's suburban dream soon becomes a riotous nightmare. More importantly, as much effort as the house will require, the Persons are going to find that it will take even more work to make the house a home.

CELEB NEWS

Actor **Christian Bale** was terrified about working with **Russell Crowe** on new movie *3:10 To Yuma* because of his hellraising reputation. Bale met the Australian Oscar winner for the first time on the set of the western and was surprised to find Crowe was a "pleasure" to work with. The Welsh actor says, "We'd never met before and whenever people asked me what I was doing next and I said I was going to be working with Russell, they looked at me and said 'You're going to be in for a rough ride with him.' (But) it was truly a pleasure". «»» Canadian actress **Lois Maxwell** has died. She was 80. The Golden Globe-winning star, famed for her role as Miss Moneypenny in the *James Bond* movies, died at the Fremantle Hospital in Western Australia, September 29th. Maxwell starred alongside Sir **Sean Connery** in Bond's first *Dr. No*, in 1962. She played the role until 1985, when she appeared in *A View To A Kill* with Sir **Roger Moore**. She last appeared on the big screen in the 2001 thriller *The Fourth Angel* alongside **Forest Whitaker** and **Jeremy Irons**. «»» **David** and **Victoria Beckham** have topped a quirky new U.S. magazine poll to find the *Most Overrated People, Places and Things*. *Radar* magazine has named the famous couple at the top of its new over-hyped list, ahead of cupcakes, Botox and **Brad Pitt**. Writer Michael Musto calls soccer star David "overpaid" and his wife "a pointless collection of body parts". Also on Radar's Overrated 100: blogging, sex with virgins, cocaine, **Keira Knightley**, pilates, **Ronald Reagan**, **Jake Gyllenhaal** and hit TV show *Grey's Anatomy*. «»» **Halle Berry**'s first child will be born out of wedlock, the actress has no plans to wed boyfriend Gabriel Aubry. The *Perfect Stranger* actress has sworn off marriage after two divorces, and becoming a mother hasn't changed her mind. She says, "What Gabriel and I have decided is that we will just redefine marriage for ourselves." «»» *Hairspray* star **Brittany Snow** has stunned fans by revealing she once lived on pineapple and weighed a skeletal 85 pounds (38.5 kilograms). The 21-year-old actress admits she hasn't always been a bubbly, healthy blonde. She tells MTVu.com, "When I was about 15 my lowest weight was 85 pounds... My hair was falling out but I was more scared that 85 pounds wasn't good enough." Snow knew it was time to get help when she had to start mutilating herself to stop the hunger pains: "My rock bottom came when I started cutting a lot." The actress checked into rehab at 19, as her career was taking off in U.S. TV drama *American Dreams*. «»» Actress Dame **Helen Mirren** has launched a scathing attack on the fashion industry's size zero craze, putting the blame for the "horrifically thin" models on female fashion editors. The Academy Award winner, 62, had first hand experience of size discrimination when she took her niece, an aspiring model, to several booking agencies - only to be told she was overweight. And Mirren insists it is all down to senior fashion writers and editors. She says, "I blame my own sex vehemently on this. It is women who run the magazine and women who editorialize and women who make the decisions. I think it is completely iniquitous to have incredibly skinny girls on the runway. A lot of the girls are horrifically thin and of course they have a problem. Mostly, the fashion industry chooses to turn a blind eye". «»» Actress-turned-filmmaker **Sarah Polley** emerged the big winner at the 2008 Directors Guild Of Canada Awards, her movie *Away From Her* took home three honours, including Best Director. The movie was also named Best Picture, while Polley's husband **David Wharnsby** won the award for Best Picture Editing. Elsewhere, Best Television Movie Or Miniseries went to *Dragon Boys*, while the prize for Best Television Drama was awarded to *Slings And Arrows*. «»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
4 OCT-10 OCT

Are We Done Yet?
Ice Cube, Nia Long
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Fay Grim
Parker Rosey, Liam Aiken
License to Wed
Robin Williams, Mandy Moore
Hairspray
John Travolta, Queen Latifah
Wedding Daze
Jason Biggs, Isla Fisher
2 Days in Paris
Julie Delpy, Adam Goldberg
Shark Bait
Animation PV
Vacancy
Kate Beckinsale, Luke Wilson
Ratatouille
Animation OV & PV
Superbad
Jonah Hill, Michael Cera
A Mighty Heart
Angelina Jolie, Dan Futterman
Next
Nicolas Cage, Julianne Moore
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
The Contract
John Cusack, Morgan Freeman
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO DOLCE VITA COIMBRA
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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Stardust
Charlie Cox, Peter O'Toole
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Ratatouille
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Shark Bait
Animation PV
License to Wed
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Jonah Hill, Michael Cera
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes
Goya's Ghosts
Natalie Portman, Javier Bardem

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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Ratatouille
Animation PV
O Capacete Dourado
Eduardo Frazão, Ana Moreira
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
A Mighty Heart
Angelina Jolie, Dan Futterman
The Lookout
Joseph Gordon-Levitt, Jeff Daniels

LUSOMUNDO DOLCE VITA PORTO
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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation PV

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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Ratatouille
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Stardust
Charlie Cox, Peter O'Toole
Superbad
Jonah Hill, Michael Cera

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Goya's Ghosts
Natalie Portman, Javier Bardem
Ratatouille
Animation PV
Wedding Daze
Jason Biggs, Isla Fisher
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Shark Bait
Animation PV
Disturbia
Shia LaBeouf, David Morse
Stardust
Charlie Cox, Peter O'Toole
Fados
Documentary
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes

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Ratatouille
Animation PV
Wedding Daze
Jason Biggs, Isla Fisher
Next
Nicolas Cage, Julianne Moore
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Fados
Documentary
The Contract
John Cusack, Morgan Freeman

LUSOMUNDO FORUM VISEU
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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
1408
John Cusack, Samuel L. Jackson
The Bourne Ultimatum
Matt Damon, Julia Stiles
Superbad
Jonah Hill, Michael Cera
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole

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4 OCT-10 OCT

Ratatouille
Animation
The Contract
John Cusack, Morgan Freeman
Superbad
Jonah Hill, Michael Cera
Hairspray
John Travolta, Queen Latifah

LUSOMUNDO FOZPLAZA
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4 OCT-10 OCT

Are We Done Yet?
Ice Cube, Nia Long
Superbad
Jonah Hill, Michael Cera
Next
Nicolas Cage, Julianne Moore
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
Hairspray
John Travolta, Queen Latifah

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4 OCT-10 OCT

Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
License to Wed
Robin Williams, Mandy Moore
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation PV
Ratatouille
Animation PV
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Superbad
Jonah Hill, Michael Cera

LUSOMUNDO GLICÍNIAS
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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
A Mighty Heart
Angelina Jolie, Dan Futterman
Ratatouille
Animation PV
Superbad
Jonah Hill, Michael Cera
1408
John Cusack, Samuel L. Jackson
Next
Nicolas Cage, Julianne Moore
The Bourne Ultimatum
Matt Damon, Julia Stiles
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James

LUSOMUNDO MAIA SHOPPING
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4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Ratatouille
Animation PV
Shark Bait
Animation PV

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
4 OCT-10 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
.45
Milla Jovovich, Stephen Dorff
Planet Terror
Freddy Rodriguez, Rose McGowan
Are We Done Yet?
Ice Cube, Nia Long
1408
John Cusack, Samuel L. Jackson
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Shark Bait
Animation PV
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation PV

LUSOMUNDO PARQUE NASCENTE
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4 OCT-10 OCT

Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
A Mighty Heart
Angelina Jolie, Dan Futterman
Superbad
Jonah Hill, Michael Cera
1408
John Cusack, Samuel L. Jackson
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Next
Nicolas Cage, Julianne Moore
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Shark Bait
Animation PV
Ratatouille
Animation PV

OV = Original Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Snooker. The Pot Black Cup. (T) 4.00 Final Score.

5.15 BBC News; Regional News; Weather. (T)

5.35 A Question of Sport. With John Barnes and Ashley Giles. (T)

6.15 Strictly Come Dancing. New series of the pro-celebrity contest. The result can be seen tomorrow. (T)

7.30 Robin Hood. New series following the adventures of the legendary outlaw. When Knighton Hall is razed, Nottingham becomes an increasingly dangerous place to be. Robin's preoccupation with a pretty young mother named Rose prompts Allan A Dale to take matters into his own hands. Drama, starring Jonas Armstrong, Lucy Griffiths, Richard Armitage, Keith Allen and Joe Armstrong. (T)

8.15 The National Lottery: In It to Win It. Dale Winton hosts the quiz show in which five contestants answer questions to scoop a big prize. Brian Conley presents the Lotto, Dream Number and Thunderball draws. (T)

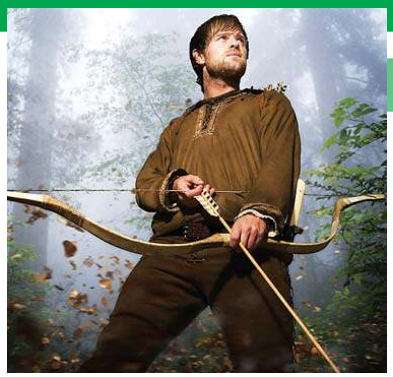
9.05 Casualty. Harry's new boss Marilyn tells him to make firing Nathan his first job as consultant manager. Meanwhile, Ruth makes an enemy by blaming Nadia after misdiagnosing a musician. An army corporal believes his senior officer has shot a fellow corporal from his unit and the police become involved. Jack Deam and Abdul Salis guest star alongside Ben Price, Simon MacCorkindale and newcomer to the cast Caroline Langrishe. (T)

9.55 BBC News; Weather; (T) National Lottery Update.

10.15 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, featuring Manchester United v Wigan Athletic at Old Trafford and Aston Villa v West Ham United at Villa Park. These are the only top-flight fixtures of the day and will give the teams, in particular the Red Devils, a chance to put pressure on their rivals who don't play until tomorrow. Alex Ferguson's men have never lost to the Latics and, though Chris Hutchings' side have made a positive start to the season, the hosts will be confident of extending that unbeaten record. (T)

11.00 FILM: Crimson Tide (1995). Thriller, starring Gene Hackman. (T)

12.50 Friday Night with Jonathan Ross; (R) (T) Weatherview. 1.55 BBC News 24. (T)



Pick of the Day

Robin Hood (BBC1, 7.30pm)

The Prince of Thieves is back for a new season of Dominic Minghella's hit drama series. But this time, Robin Hood (Jonas Armstrong) has lost some of his carefree attitude and become more serious - and it's a good thing, as he's got an awful lot of drama coming his way. Quite simply, things aren't going well in Nottingham. The gang have built a new camp, Knighton Hall, but are shocked when it is razed to the ground and Marian and Edward are put under house arrest. Robin needs to save Marian, but is distracted by a woman, Rose, and her two daughters, who need his help. However, their pleas turn out to be a ruse devised by the Sheriff of Nottingham, and Rose is actually his sister. The Sheriff is conspiring with Prince John to overthrow Richard, and has more sinister plans up his sleeve. Meanwhile, Allan finds himself thrown in the castle dungeon - and his loyalty comes under question. This new development confuses the whole gang, making them rethink their strategy. Lucy Griffiths plays Marian, Keith Allen is the Sheriff, and Joe Armstrong is Allan A Dale.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Planet Sketch. 9.45 Supernormal. (T) 10.00 Saturday Cooks! (T) 11.30 ITV News and Weather. (T) 11.35 London Today; Weather. (T) 11.40 F1: Chinese Grand Prix Qualifying. (T) 1.10 Live Rugby World Cup 2007. Coverage of the first quarter-final (Kick-off 2.00pm). (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Sport; Weather. (T)

5.00 You've Been Framed! A man fails to jump over a bonfire on his bike. (R) (T)

5.30 Ant & Dec's Saturday Night Takeaway. Eamonn Holmes and Ruth Langsford take on Ant and Dec in Beat the Boys, tackling obstacles at Rockingham Speedway in a lifeguard truck and a New York taxi. (T)

6.45 The X Factor. Dermot O'Leary presents the first of two programmes in which the judges invite the remaining 24 acts to their homes - in Los Angeles, Dublin, Ibiza and Marbella - to make their final selections. The second programme is tomorrow at 6.45pm. (T)

7.45 Live Rugby World Cup 2007. Coverage of the second quarter-final (Kick-off 8.00pm), featuring the winners of Pool C against the Pool D runners-up at the Millennium Stadium in Cardiff. (T)

10.00 Big Fight Live. Amir Khan v Scott Lawson. (T)

11.45 ITV News and Weather; Weather. (T)12.00 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.30 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi; (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 FILM: The Thin Man (1934). Comedy thriller, starring William Powell. (T) (bw) 1.30 Film 2007 with Jonathan Ross. (R) (T) 2.00 Racing from Longchamp and Kempton Park. Live coverage of six races. (T) 3.35 FILM: Merrill's Marauders (1962). World War Two adventure, starring Jeff Chandler. (T) 5.10 What the Papers Say. (T) 5.20 The Blue Planet. (R) (T) 6.10 Timewatch: The Secrets of the Mary Rose. (R) (T) 7.00 Michael Palin's New Europe. The explorer visits Transdniester, Moldova and Romania. He marvels at the glories of the Byzantine painted churches of Moldovita and joins lumberjacks in the Vaser Valley. (R) (T) 8.00 Porridge. Fletcher helps Godber make it through the night, calling on his limitless imagination to while away the hours. Classic comedy, starring Ronnie Barker. (R) (T) 8.30 100 Years of Wildlife Films. Bill Oddie explores a century of wildlife programmes. (T) 10.30 Arena: Into the Limelight - Tribute Bands. (T) 11.30 The Tudors. (R) (T) 12.25 FILM: Hell and High Water (1954). Adventure, starring Richard Widmark. (T) 2.05 FILM: The Crimson Kimono (1959). Detective thriller, starring Victoria Shaw. (T) (bw) 3.25 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: The Album Chart Show. (T) 10.50 T4: Friends. (R) (T) 11.25 T4: Friends. (R) (T) 11.50 T4: Transmission. (R) (T) 12.25 T4: Alicia Keys: Video Exclusive. 12.30 T4: Ratatouille: T4 Movie Special. (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Newmarket and Redcar. Including the 3.45 Totesport.com Cambridgeshire H'cap (1m 1f). (T) 4.10 FILM: Carry On Dick (1974). Bawdy comedy, with Sid James. (T) 5.50 Supernanny. (R) (T) 6.50 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the values of mystery boxes. (T) 8.00 Building of the Year: The RIBA Stirling Prize 2007 Live. The winner of the prestigious prize is announced. (T) 9.05 FILM: Sleepy Hollow (1999). Tim Burton's stylish take on Washington Irving's classic tale about a headless horseman terrorising a quiet village community. Eerily atmospheric chiller, starring Johnny Depp. (T) 11.05 FILM: Deathwatch (2002). Premiere. World War One horror, starring Jamie Bell. (T) 12.50 4Music: 4Music Presents - Stereophonics: You Choose. (T) 12.55 4Music: Richard Hawley: Now Then. (T) 1.15 4Music: V Festival 2007: Newcomers. (T) 1.50 4Music: V Festival 2007: Ladies. (T) 2.20 4Music: Dubplate Drama. (R) (T) 2.50 4Music: Alicia Keys: Video Exclusive. (R) 2.55 4Music: Isle of Wight Festival: Snow Patrol. (R) 3.25 World of Compulsive Hoarders. (R) (T) 4.25 Full Metal Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Football Italiano Highlights. (T) 12.00 FILM: Columbo: A Matter of Honor (1976). Crime drama, starring Peter Falk and Ricardo Montalban. 1.30 FILM: The Dresser (1983). Theatrical drama, starring Albert Finney. (T) 3.40 FILM: The King and I (1999). Musical animation, with the voice of Miranda Richardson. (T) 5.10 FILM: Where Eagles Dare (1968). Espionage thriller, starring Richard Burton. (T) 7.55 five news and sport. (T) 8.10 NCIS. A supermodel dies while filming a reality TV show at a Marine base. Her body is found caught up in razor wire fencing, but the autopsy reveals she died of a huge overdose. (R) (T) 9.05 CSI: Crime Scene Investigation. The team are joined by new colleague Michael Keppler while Grissom takes his sabbatical, and soon get to work investigating the murders of four unidentified women. It rapidly becomes clear that the victims were all killed by the same person, and the CSIs' initial suspicions lead them to a dental clinic. Forensic drama, starring Liev Schreiber. (R) (T) 10.05 Law & Order: Special Victims Unit. (T) 11.05 Criminal Minds. A family are murdered in their home. (R) (T) 12.05 Quiz Call. 5.35 Wildlife SOS. (R) (T)

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LOCAL

RTP1
0630 Brinca Comigo 0935 Planeta Prodigioso 1035 Segredos da Natureza 1135 Mudar de Vida 1300 News 1410 Top + 1530 Unidade Especial 1735 Stuart Little 2, film 1910 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2255 Film TBA 0050 Film TBA 0445 Telesales

RTP2
0700 Euronews 1000 África 7 Dias 1030 Notícias de Portugal 1130 Palco: Rodrigo Leaos, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Film TBA 0200 Sport 0600 Euro News

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 1700 CSI Miami 1800 Film TBA 2000 News 2130 Paraíso Tropical 2230 Amazónia 2330 Vingança 0030 Film TBA 0215 Quando o Telefone Toca

TVI
0700 Childen TV 0900 Morangos com Açucar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA 1800 Film 2000 News 0030 Film TBA 0345 Film TBA 0530 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Top Gear 8.30 The Real Hustle 9.00 Little Britain 9.30 It's Adam and Shelley 10.00 Film: A Time to Kill 15 (1996) 12.20 Drop Dead Gorgeous 1.20 Singing with the Enemy 2.20 The Real Hustle 2.45 It's Adam and Shelley 3.15 Drop Dead Gorgeous 4.15 Close

BBC4
7.00 Meetings with Remarkable Trees 7.10 Why Democracy?: Yes Minister 7.40 Film: Why Democracy?: Passport to Pimlico U (1949) 9.00 More Dawn French's Girls Who Do: Comedy 9.30 Charlie Brooker's Screen Wipe 10.00 Why Democracy?: Iron Ladies of Liberia 11.00 Why Democracy?: The Alan Clark Diaries 11.30 Arena: Tribute Bands - Live at the Limelight 12.30 Whatever Happened to Radio 2? 1.30 50 Years of the Today Programme 2.30 Charlie Brooker's Screen Wipe 3.00 Why Democracy?: Iron Ladies of Liberia 4.00 Close

ITV2
3.00 Holiday Showdown 4.00 The Planet's Funniest Animals 4.30 Streetmate 5.30 Holiday Airport: Cyprus 6.30 Nanny 911 7.30 Movies Now 7.45 The Xtra Factor 8.45 Jack Osbourne - Adrenaline Junkie 9.45 Film: The Mummy 12 (1999) 12.10 The X Factor 1.10 The Xtra Factor 2.10 Make Your Play: ITV Play 3.50 Emmerdale 6.00 Close

Sky One
1.00 Vroom Vroom 2.00 Mission Implausible 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Lost 5.00 Lost 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 Inside King Cobra 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Bones 11.00 Bones 12.00 Street Wars 1.00 Dinotopia 1.50 Mission Implausible 2.40 Buffy the Vampire Slayer 3.30 Vroom Vroom 4.20 Max Magic 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Only Fools and Horses 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 dinnerladies 5.40 dinnerladies 6.20 My Family 7.00 My Family 7.40 Only Fools and Horses 9.00 Film: Enemy at the Gates 15 (2001) 11.30 Little Britain 12.05 Little Britain 12.45 Doctor Who 1.45 Last of the Summer Wine 2.15 Last of the Summer Wine 2.45 Close Up 2.55 Keeping Up Appearances 3.25 Close Up 3.35 Dallas 4.25 Dallas 5.15 Dallas

TCM
1.05 The Prisoner of Zenda U (1952) 3.00 Casablanca U (1942) 4.50 Boys' Night Out PG (1962) 6.50 2010 PG (1984) 9.00 Taxi Driver 18 (1976) 11.00 Tommy 15 (1975) 1.00 Torpedo Run U (1958) 2.35 Teleshopping 2.50 The Fixer 15 (1968)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Kim Possible: So the Drama U (2005) Premiere. Animated adventure, with the voice of Christy Carlson Romano.

MOVIES

Sky Movies Drama

6.20 Drama Close Up 6.50 Desperate Justice PG (1993) 8.40 The Babe PG (1992) 10.45 A Month of Sundays PG (2001) 12.35 The English Patient 15 (1996) With Ralph Fiennes. 3.35 Drama Close Up 4.05 Desperate Justice PG (1993) With Lesley Ann Warren. 5.55 The Babe PG (1992) With John Goodman. 8.00 The English Patient 15 (1996) With Ralph Fiennes. 10.45 The Weather Man 15 (2005) With Nicolas Cage. 12.30 The Cotton Club 15 (1984) With Richard Gere. 2.50 The Offence 15 (1973) With Sean Connery. 4.50 Big Spender PG (2003)

Sky Movies Comedy

6.25 Boys Klub PG (2001) 8.10 Roll Bounce PG (2005) 10.10 City Slickers II: The Legend of Curly's Gold 12 (1994) 12.10 Stir Crazy 15 (1980) With Gene Wilder. 2.10 The Wedding Singer 12 (1998) With Adam Sandler. 4.05 Boys Klub PG (2001) With Chauncey Leopardi. 6.00 City Slickers II: The Legend of Curly's Gold 12 (1994) With Billy Crystal. 8.00 Stir Crazy 15 (1980) With Gene Wilder. 10.00 The Wedding Singer 12 (1998) With Adam Sandler. 11.40 Something New PG (2006) With Sanaa Lathan. 1.30 This Year's Love 18 (1999) With Kathy Burke. 3.25 Roll Bounce PG (2005) 5.20 Best Man in Grass Creek PG (2001)

Sky Movies Action

6.05 King Kong 12 (2005) 9.15 Rush Hour 12 (1998) 11.00 Action & Thriller Close Up 11.30 Munich 15 (2005) With Eric Bana. 2.15 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 4.10 Rush Hour 12 (1998) With Jackie Chan. 5.55 King Kong 12 (2005) With Naomi Watts. 9.00 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 10.50 The Glimmer Man 18 (1996) With Steven Seagal. 12.25 Inferno 18 (1999) With Jean-Claude Van Damme. 2.05 Munich 15 (2005) With Eric Bana. 5.00 Ransom PG (1975)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Manchester United v Wigan Athletic (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Bristol City v Sheffield United (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.30 Live Spanish Football. A La Liga match. 11.00 Football Special 12.30 Champions League Weekly 1.00 Sky Sports Classics 1.15 Spanish Football 2.45 Football Special 4.15 You're on Sky Sports! 5.15 Champions League Weekly 5.45 Sky Sports Classics

Sky Sports 2

6.00 Kiteboarding 6.30 Victory Shield Football 8.00 Live Rugby Union. This morning's Air New Zealand Cup quarter-final. 10.30 NFL Weekly Review 11.00 Rally World 11.30 Racing News 12.00 Super League 1.30 Live European Tour Golf. The Alfred Dunhill Links Championship. 5.30 Live Rugby Union. Leicester Tigers v Gloucester (Kick-off 6.00pm). 8.00 Live Horse of the Year Show. The fourth day at the Birmingham NEC. 11.00 NFL Playbook 12.00 Max Power 1.00 Horse of the Year Show 4.00 Spanish Football 5.30 Rally World

Sky Sports 3

6.00 Sports Unlimited 7.00 Rally World 7.30 Tight Lines 8.30 NFL Weekly Review 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 NFL: Total Access 2.00 Max Power 3.00 Rally World 3.30 WWE: Smackdown 5.30 WWE: Bottom Line 6.30 Max Power 7.30 Golf Night 10.00 WWE Wrestling: No Mercy 10.30 Extreme Championship Wrestling 11.30 WWE: Late Night - Smackdown 1.30 WWE Wrestling: No Mercy 2.00 WWE: Late Night - Bottom Line 3.00 Golf Night 5.30 Kiteboard Pro Tour

British Eurosport

7.30 Eurosport Buzz 8.00 World Rally Championship 8.30 UEFA Cup Football 9.30 UEFA Cup Football 10.15 Eurogoals 10.45 Test Ride 11.00 Live Motor Racing. The International Formula Master event from Monza. 12.00 Live WTA Tennis. The Porsche Tennis Grand Prix semi-finals. 3.30 World Superbikes 4.20 World Touring Car Championship 5.00 Motor Racing 6.00 World Superbikes 6.50 euroCRASH! 7.00 Eurosport Buzz 7.30 Live Show Jumping. The Global Champions Tour from Athens. 9.00 World Superbikes 9.50 euroCRASH! 10.00 World Rally Championship 10.30 GT Racing 11.30 Table Tennis 12.30 World Rally Championship 1.00 Close

Sky Sports Xtra

6.00 Horse of the Year Show 9.00 Race World 10.00 Sportnation 11.00 Horse of the Year Show 2.00 Friday Fight Night 4.00 Sportnation 5.00 NFL: Total Access 6.00 Darts 9.00 Max Power 10.00 Sportnation 11.00 Rugby Union 12.30 Darts 3.30 Rugby Union 5.00 NFL Playbook

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BBC1

6.00 Breakfast. (T) 8.15 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 Keeping Up Appearances. (R) (T) 2.15 EastEnders. (T) 4.10 Robin Hood. (R) (T) 4.55 Points of View. (T)

5.10 Songs of Praise. Featuring the winners of the School Choir Competition. (T)

5.45 Bruce in Vegas. Bruce Forsyth visits the entertainment capital of the world, searching for the spirit of such icons as Elvis Presley, Liberace and members of the Rat Pack, and meets Barry Manilow and Paul Anka along the way. (T)

6.45 Strictly Come Dancing. The two lowest-scoring men from last night face a dance-off. (T)

7.35 BBC News; Regional News; Weather. (T)

8.00 Antiques Roadshow. Michael Aspel visits Coventry Cathedral, where items brought along by members of the public for valuation by the experts include three precious pots, some surprising World War Two relics and a sketch of a famous artist. (T)

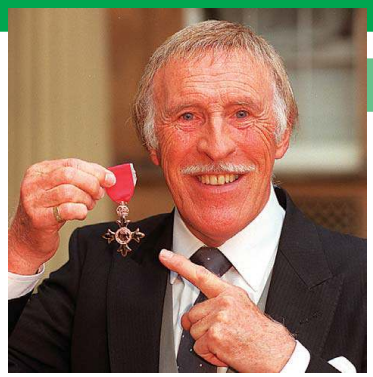
9.00 Michael Palin's New Europe. The traveller navigates through Ukraine and Hungary, taking in the culture and talking to locals. Palin travels to Budapest on the Danube, where he makes his debut on the catwalk. In Kiev he meets a Leeds market trader who has married the daughter of Ukraine's Prime Minister, and in Yalta he finds himself on a terrifying fairground ride. (T)

10.00 BBC News; Weather. (T)

10.15 Medium. Allison continues to help Devalos and Scanlon search for the serial killer, and is disturbed to discover her new friend Debra is to be the next victim. Meanwhile, Joe is angry to be included as part of a lawsuit against Aerodytech. Neve Campbell guest stars. (T)

11.00 FILM: Duplex (2003). Premiere. Comedy, starring Drew Barrymore. (T)

12.25 The Sky at Night; (T) Weatherview. 12.50 Sign Zone: Watchdog. (R) (T) 1.20 Sign Zone: Holby City. (R) (T) 2.20 Sign Zone: Michael Wood: The Story of India. (R) (T) 3.20 BBC News 24. (T)



Pick of the Day

Bruce in Vegas (BBC1, 5.45pm)

Brucie's back on the box - and about time too. Now well into his seventies, the seasoned host only ever seems to crop up on Strictly Come Dancing these days. That returned for a new run on Saturday evening, but as a special treat for his many fans, Mr Forsyth is also putting retirement on hold to present this documentary about, you guessed it, Las Vegas. It does exactly what it says on the tin - follows the twinkle-toed entertainer around the world's gambling capital while he talks about some of its famous landmarks and the part they've played in showbusiness history. He also goes in search of the spirit of the Rat Pack and Liberace, both of which loved the place and became synonymous with it. Bruce also bumps into veterans Barry Manilow and Paul Anka, who are both still going strong. Then it's off to sample some of the extravagant sights and sounds on The Strip, including taking a gondola ride through a Vegas-style St Mark's Square. There's also time for a little romance as The King presides over Bruce and wife Wilnelia's marriage-vow renewal ceremony.

ITV1

5.30 ITV Morning News. (T) 6.00 F1: Chinese Grand Prix Live. The 16th and penultimate round of the season at the Shanghai International Circuit (Start-time 7.00am). (T) 9.05 GMTV. (T) 10.20 CITV: Pocoyo. 10.30 Jim Jam & Sunny. (T) 10.50 The Championship. (T) 11.20 ITV News and Weather. (T) 11.25 London Today; Weather. (T) 11.30 F1: Chinese Grand Prix. (R) (T) 1.30 Live Rugby World Cup 2007. The third quarter-final (Kick-off 2.00pm). (T) 4.30 The Unforgettable Richard Beckinsale. (R) (T)

5.15 The X Factor. Dermot O'Leary presents the first of two programmes in which the judges invite the remaining 24 acts to their homes - in Los Angeles, Dublin, Ibiza and Marbella - to make their final selections. (R) (T)

6.15 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

6.45 The X Factor. The judges have the difficult task of picking three contestants out of the remaining six in their categories to reveal who will compete in the live finals. Dermot O'Leary presents. (T)

7.45 Live Rugby World Cup 2007. Coverage of the fourth quarter-final (Kick-off 8.00pm), featuring the winners of Pool D against the Pool C runners-up at the Stade de France in Paris. (T)

10.00 Tarrant on TV. Chris Tarrant presents a tongue-in-cheek overview of global television. (R) (T)

10.30 ITV News and Weather; Weather. (T)

10.45 The Mersey Sound: The South Bank Show. To celebrate its publication 40 years ago, Melvyn Bragg meets up with Roger McGough and Brian Patten, who wrote the ground-breaking book of poetry with Adrian Henri. The pair give a special reading of the work at the Queen Elizabeth Hall before revisiting the Liverpool of its Sixties heyday and recounting memories of Jimi Hendrix, John Lennon and Paul McCartney, and Allen Ginsberg. With contributions from Henri's widow Catherine Marcangeli, former Scaffold members Mike McCartney and John Gorman, and playwright Willy Russell. (T)

11.45 F1: Chinese Grand Prix Highlights. Steve Rider introduces action from the 16th round of the season at the Shanghai International Circuit, where the nail-biting championship battle is set to take another twist. (T)

12.50 Motorsport UK. (T) 1.20 FILM: The Other Sister (1999). Romantic comedy, starring Juliette Lewis; (T) ITV News Headlines. 3.30 The Jeremy Kyle Show. (R) (T) 4.25 ITV Nightscreen.

BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 SMart. (T) 9.30 Prank Patrol. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Racing from Longchamp. Including the 3.40 Prix de l'Arc de Triomphe. (T) 4.10 Rugby League. (T) 4.50 Final Score. Round-up of results. Digital viewers can access extended coverage on the interactive service. (T) 5.30 Wildlife on Two. (T) 6.00 The Blue Planet. (R) (T) 7.00 Ray Mears' Wild Food. The importance of meat to hunter-gatherers. (R) (T) 8.00 Top Gear. New series. The boys take three lightweight supercars across Europe in search of the continent's best roads, and Helen Mirren is the Star in a Reasonably Priced Car. (T) 9.00 Louis Theroux: Under the Knife. Louis visits image-obsessed California. (T) 10.00 Match of the Day 2. Gary Lineker reviews the day's eight Premier League fixtures, including Arsenal against Sunderland at the Emirates Stadium and Liverpool's match with Tottenham Hotspur at Anfield. (T) 11.20 Heroes. Hiro is pursued by a mysterious figure. (R) (T) 12.05 FILM: Alpha Male (2005). Premiere. Drama, starring Jennifer Ehle. (T) 1.40 BBC News 24. (T) 3.20 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Racing Rivals. 8.00 British F3 International Series. 8.30 Triathlon. 8.55 T4: The OC. (R) (T) 10.00 T4: Hollyoaks. (R) (T) 12.35 T4: MobileAct Unsigned. (T) 1.40 T4: Friends. (R) (T) 2.10 T4: Ugly Betty. (R) (T) 3.15 T4: Smallville. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 T4: The Simpsons. (R) (T) 5.15 Grand Designs. (R) (T) 6.15 Grand Designs: Trade Secrets. (T) 6.45 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune. Political satire with Rory Bremner, John Bird and John Fortune. (T) 8.00 Wife Swap. Tempers flare as Jess, a lesbian with three children, finds herself staying with Mick, a farmer who is accustomed to having his wife at his beck and call. It doesn't take long for controversy to strike as Mick declares that he would sooner disown his son that accept him if he came out as gay, and Jess reveals that her family receive more money a week in benefits than Mick makes on his farm. (T) 9.00 FILM: Elektra (2005). Premiere. The martial arts expert returns from the dead to save a father and daughter from assassination. Comic-book adventure, starring Jennifer Garner. (T) 10.50 FILM: Alien (1979). Sci-fi chiller, starring Sigourney Weaver. (T) 1.00 FILM: Bluff Master (2005). Premiere. Comedy adventure, starring Abhishek Bachchan. (T) 3.35 Lucky Day. (R) (T) 3.50 Unreported World. (R) (T) 4.20 3 Minute Wonder: Tracey's Postcards. (R) (T) 4.25 Smallville. Lex volunteers for an experimental program. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Big School. (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Hi-5. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 How Not To Decorate. (R) (T) 11.00 How Not To Decorate. (R) (T) 12.05 Great Artists. (R) (T) 12.40 The Abyssal Giant: Great Ocean Adventure. (R) (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 FILM: Agent Cody Banks 2: Destination London (2004). Premiere. Family adventure sequel, starring Frankie Muniz. (T) 6.10 five news and sport. (T) 6.25 FILM: For a Few Dollars More (1965). Superb Western adventure from Sergio Leone, starring Clint Eastwood and Lee Van Cleef as rival gunslingers who join forces to track down notorious outlaw Gian Maria Volonte. (T) 9.00 FILM: Hitch (2005). Premiere. A man forges a career as a professional "date doctor", offering advice to lonely guys - but when he falls in love, all his expertise counts for nothing. Romantic comedy, starring Will Smith. Includes five news update at 9.55pm. (T) 11.15 Disorderly Conduct. (R) (T) 12.15 Ironman Triathlon. 1.00 Major League Baseball. Live coverage of a play-off game. 4.20 Kickboxing: Now Is the Time - Night of Combat. (R) 5.10 Major League Soccer.

LOCAL

RTP1
0630 Brinca Comigo 0900 Criar um Urso Negro Bebé 1000 Dominical Eucarist 1100 Centro de Saúde 1130 Em Reportagem 1145 Os Lugares mais Fantásticos 1230 Mr Bean 1300 News 1415 Só Visto 1515 Sobre Natural 1845 Conta-me Como Foi 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Il Postino 0020 Film TBA 0245 King Film TBA 0400 Telesales

RTP2
0700 Euronews 0730 Músicas de Áfirca 0830 África@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Cãmanba Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1700 CSI Miami 1800 Film TBA 2000 News 2115 Reportagem SIC 2145 Família Superstar 2245 Praíso Tropical 2330 Hora H 0015 CSI Las Vegas 0115 Film TBA

TVI
0645 Children's TV 0900 Morangos Com Açucar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açucar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 O Escritório 0400 O Frankenstein, film 0500 Telesales

Best of the Rest

BBC3
7.00 Lewis Hamilton: Billion Dollar Man 8.00 Help Me Anthea, I'm Infested! 9.00 Drop Dead Gorgeous 10.00 Singing with the Enemy 11.00 Last Man Standing 11.55 Lewis Hamilton: Billion Dollar Man 12.55 Drop Dead Gorgeous 1.55 Singing with the Enemy 2.50 Last Man Standing 3.50 Close

BBC4
7.00 The Sky at Night 7.30 Why Democracy?: Yes Minister 8.00 Why Democracy?: Please Vote for Me 9.00 Why Democracy?: House of Cards 10.00 Why Democracy?: Egypt - We See You 11.00 Bulgaria's Abandoned Children 12.30 Why Democracy?: Storyville 1.40 The Sky at Night 2.10 Why Democracy?: Please Vote for Me 3.05 Why Democracy?: Egypt - We See You 4.00 Close

ITV2
2.25 The X Factor 3.25 The Xtra Factor 4.25 Coronation Street 7.45 The Xtra Factor 8.15 Film: The Mummy 12 (1999) 10.30 Secret Diary of a Call Girl 11.00 The Black Donnellys 12.00 Film: Election 15 (1999) 2.00 The X Factor 2.50 The Xtra Factor 3.20 The Montel Williams Show 4.00 Teleshopping 6.00 Close

Sky One
1.00 Project Runway 2.00 Project Runway 3.00 A Town Called Eureka 4.00 A Town Called Eureka 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a Ten Year Old? 7.00 The Simpsons 7.30 Cirque de Celebrite 9.00 Film: Top Gun 12 (1986) 11.05 Street Wars 12.05 Lovespring International 12.35 America's Dumbest Criminals 1.05 Pop Years 2.05 Buffy the Vampire Slayer 2.55 America's Dumbest Criminals 3.25 Vroom Vroom 4.20 Dinotopia 5.10 Guilty!

UKTV Gold
1.10 Blackadder Goes Forth 1.50 Blackadder Goes Forth 2.30 Blackadder Goes Forth 3.05 Blackadder Goes Forth 3.40 Blackadder Goes Forth 4.20 Blackadder Goes Forth 5.00 The Blue Planet 6.00 Coast 7.00 Blackadder Goes Forth 7.40 Blackadder Goes Forth 8.20 Blackadder Goes Forth 9.00 Dalziel & Pascoe 11.00 The Royle Family 11.40 Blackadder the Third 12.20 Blackadder the Third 1.00 Dalziel & Pascoe 2.45 Baywatch 3.30 Charlie's Angels 4.20 Fantasy Island 5.10 Last of the Summer Wine 5.35 Neighbours

TCM
1.00 The Private Lives of Elizabeth and Essex U (1939) 3.00 The Wizard of Oz PG (1939) 4.50 Designing Woman U (1957) 6.55 The Formula 12 (1980) 9.00 Dirty Harry 18 (1971) 11.00 Poltergeist 15 (1982) 1.00 The Night of the Iguana 15 (1964) 3.00 Teleshopping 3.20 The Verdict PG (1946)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Recess: School's Out U (2001) Animated antics, with the voice of Jason Davis.

MOVIES

Sky Movies Drama

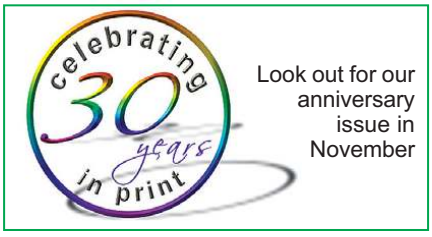
6.35 Diggity's Treasure PG (2001) 8.20 The Derby Stallion PG (2005) 10.05 Madison 15 (2001) 12.00 A Good Woman PG (2004) With Helen Hunt. 1.45 The Da Vinci Code 12 (2006) With Tom Hanks. 4.15 Just Like Heaven PG (2005) With Reese Witherspoon. 6.00 Madison 15 (2001) With Jim Caviezel. 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 Just Like Heaven PG (2005) With Reese Witherspoon. 12.10 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 2.10 Winter Solstice 15 (2004) With Anthony LaPaglia. 3.50 A Separate Peace 12 (2004) 5.25 The Derby Stallion PG (2005)

Sky Movies Comedy

6.50 Home Team PG (1998) 8.40 Love at First Bite 15 (1979) 10.25 Bean PG (1997) 12.15 Under Wraps PG (1997) With Adam Wylie. 2.00 American Dreamz 12 (2006) With Hugh Grant. 3.55 Bean PG (1997) With Rowan Atkinson. 5.45 Comedy Close Up 6.15 Home Team PG (1998) With Steve Guttenberg. 8.00 American Dreamz 12 (2006) With Hugh Grant. 10.00 The Benchwarmers 12 (2006) With Rob Schneider. 11.30 Addicted to Love 15 (1997) With Meg Ryan. 1.05 Love at First Bite 15 (1979) With George Hamilton. 2.45 The Benchwarmers 12 (2006) With Rob Schneider. 4.15 Under Wraps PG (1997)

Sky Movies Action

6.35 Too Close to Home (1997) 8.10 Batman Begins 12 (2005) 10.30 Mr & Mrs Smith 15 (2005) 12.30 The Abyss: Special Edition 15 (1989) With Ed Harris. 3.20 Snakes on a Plane 15 (2006) With Samuel L Jackson. 5.10 Fearless 15 (2006) With Jet Li. 6.55 Mr & Mrs Smith 15 (2005) With Brad Pitt. 9.00 Snakes on a Plane 15 (2006) With Samuel L Jackson. 10.50 Murder at 1600 15 (1997) With Wesley Snipes. 12.40 Domino 15 (2005) With Keira Knightley. 3.00 Hard Men 18 (1996) With Vincent Regan. 4.40 Too Close to Home (1997)



SPORT

Sky Sports 1

6.00 You're on Sky Sports! 7.00 Spanish Football 8.30 Football Special 10.00 The Sunday Supplement 11.00 Goals on Sunday 12.30 The Sunday Supplement 1.30 Live Super Sunday. Reading v Derby County (Kick-off 2.00pm). 4.00 Live Super Sunday. Fulham v Portsmouth (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football First 11.30 Football First 1.00 Spanish Football 3.00 FIA GT Championship 4.00 Champions League Weekly 4.30 Live International Cricket. India v Australia.

Sky Sports 2

6.00 Football Special 7.30 NFL Playbook 8.30 NFL: Total Access 9.30 Live International Cricket. Sri Lanka v England. 7.00 World Sport 7.30 Moto Plus 8.00 Live Horse of the Year Show. The fifth day at the Birmingham NEC. 11.00 WWE No Mercy: Preview 11.30 WWE: Late Night - Heat 12.30 WWE No Mercy: Preview 1.00 Horse of the Year Show 4.00 Close

Sky Sports 3

6.00 Sports Adventure 6.30 Rugby Union 8.00 WWE Special 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Kiteboarding 11.30 Racing News 12.00 Sports Adventure 12.30 Live European Tour Golf. The Alfred Dunhill Links Championship. 5.30 NFL: Who Is? 6.00 Live NFL. Washington Redskins v Detroit Lions (Kick-off 6.00pm). 9.30 Live NFL. Denver Broncos v San Diego Chargers (Kick-off 9.15pm). 1.00 Live NFL. Green Bay Packers v Chicago Bears (Kick-off 1.15am). 4.00 Close

British Eurosport

7.30 World Rally Championship 8.00 Live World Touring Car Championship. Coverage of the warm-up session from Monza in Italy. 8.30 World Superbikes 9.20 Motor Racing 10.15 World Touring Car Championship 10.45 Live World Touring Car Championship. The opening race of the weekend from Monza. 11.45 Live WTA Tennis. The Porsche Tennis Grand Prix final. 2.00 WATTS 2.15 Live World Touring Car Championship. The second race of the weekend from Monza. 3.15 Trial Bikes 3.45 Strongest Man 4.15 Live Fencing. The World Championship. 5.00 Table Tennis 6.00 World Touring Car Championship 7.30 World Superbikes 10.00 World Rally Championship 10.30 Motorsports Weekend 11.00 World Superbikes 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

6.00 FIA GT Championship 7.00 Darts 10.00 Horse of the Year Show 1.00 NFL: Total Access 2.00 WWE: Experience 3.00 Live Rugby League. The National League Grand Finals. 8.00 Golf Night 10.00 International Cricket 12.00 Rugby League 2.00 Golf Night 4.00 Max Power 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Skunk Fu! (R) (T) 4.25 Thumb Wrestling Federation: TWF. (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver's mother issues an ultimatum. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Street Doctor. The GPs travel to Bristol, where Dr Ayan diagnoses someone with asthma and a cobbler is told he has an irregular heartbeat. (T)
8.00 EastEnders. As the Wicks household prepares for court Deano is still nowhere to be found. Shirley suffers a series of mishaps as she rushes to the hearing, and Jane tells Steven to leave. (T)
8.30 Panorama. Declan Lawn investigates how mortgages are regularly being sold to people on benefits or with bad credit records, with home loans sometimes given at up to sixteen times the applicant's salary. He questions whether this could lead to a financial crisis in Britain similar to that experienced in the United States. (T)
9.00 Silent Witness. In the first of a two-part story, four bodies are found in the Thames after a boat full of illegal immigrants founders. Realising they are dealing with a people-trafficking operation gone disastrously wrong, Leo, Harry and Nikki set out to discover if there are any survivors - or any other deaths - while also delving into the victims' past. Burt Kwouk guest stars. Concludes tomorrow. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Movie Connections. (T)
11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. Steve Bunce and Des Kelly give their opinions on the latest news. (T)
11.55 FILM: Bob's Weekend (1996). Black comedy, starring Bruce Jones; (T) Weatherview.
1.30 Sign Zone: Countryfile: The Summer Diaries. (R) (T) 2.30 Sign Zone: Everest: Doctors in the Death Zone. (R) (T) 3.30 Sign Zone: James May's 20th Century. (R) (T) 4.00 BBC News 24. (T)

Pick of the Day

Doc Martin (ITV1 Granada, 9pm)
A family seeking a new life by the sea look set to disrupt the tranquillity of Portwenn in this instalment of the comedy. The Oakwood clan has move in having bought their house from recently widowed Mrs Averill. The family is somewhat unconventional and their arrival upsets Louisa, Martin and the other locals. They manage to gatecrash an intimate dinner Louisa has prepared for her and the medic. With their romantic dinner plans ruined, the disgruntled doctor decides to make a hasty exit leaving Louisa to deal with the neighbours from hell. During the move from her old house, Mrs Averill has lost her cat. She's lonely without her pet. Desperate for company, she is reluctant to leave the surgery when she goes to see the doctor suffering from a rash. Thinking she is suffering from eczema, Doc Martin sends her away with ointment and very little sympathy. But is she suffering from something else, and who is vandalising all the cars?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The north of England heats begin with judges Ed Baines, Jilly Goolden and John Burton Race tempted by meals prepared by four contestants, including a 14-year-old and a busy farmer. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Eli takes a forlorn Debbie for a drink, which leads to a liaison between the pair. Later on, when she's asleep, he takes the chance to steal the photo of his illicit kiss with Kelly. Viv and Donna also have something for the bride-to-be as three familiar-looking strippers are unveiled at her hen night in the Woolpack. (T)
7.30 Coronation Street. Jodie warns Jerry not to meddle in her affairs after he bribes Lloyd to take her out, Cilla is convinced she's in line for a windfall and Sean promises Violet his partying days are over. (T)
8.00 State of Emergency: Tonight. Morland Sanders examines the repercussions of a proposed move to close several Accident and Emergency departments throughout England. (T)
8.30 Coronation Street. Cilla is disappointed to learn the value of her inheritance, but a surprise discovery changes everything. Jerry leaves Jodie holding the fort once again and Carla books a business trip away. (T)
9.00 Doc Martin. A new family look set to disturb the tranquillity of Portwenn, upsetting the locals with their unconventional lifestyle and even managing to gatecrash an intimate dinner between Martin and their new next-door neighbour Louisa. Meanwhile, a car vandal strikes the village - but new village copper PC Penhale can't investigate because he's scared to leave the station, and ends up admitting he suffers from agoraphobia. Martin Clunes stars. (T)
10.00 Police, Camera, Action! Alastair Stewart and Adrian Simpson reveal the dangers posed to overtaking motorists by the blind spots of larger vehicles. Plus, advice for cyclists on sharing the road with trucks. (T)
10.30 ITV News; Weather. (T)
11.05 FILM: Murder by Numbers (2002). Thriller, starring Sandra Bullock. (T)
1.15 Champions League Weekly. (T) 1.45 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 English Express. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (R) (T) 1.00 Schools: KS1 Science Clips. (T) 1.10 KS1 Science Clips. (T) 1.20 Thinking Skills. (T) 1.30 Escape to the Country. (T) 2.30 Identity. (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 James May's 20th Century. Advances in urban living. Last in series. (R) 7.30 Mastermind. Subjects include the life and works of John Piper. (T) 8.00 University Challenge. Christ Church College, Oxford, v Homerton College, Cambridge. (T) 8.30 Nigella Express. The chef prepares spicy scrambled eggs. (T) 9.00 Windscale: Britain's Biggest Nuclear Disaster. The accident at Windscale nuclear reactor in 1957. (T) 10.30 Newsnight; Weather. (T) 11.20 Why Democracy?: Taxi to the Dark Side. (T) 12.45 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

5.55 Inuk. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.25 FILM: The Silent Enemy (1958). World War Two adventure, starring Laurence Harvey. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: 4 New Sensations. New series. Channel 4 and the Saatchi Gallery seek out the UK's most exciting and innovative graduate artists, beginning with a tongue-in-cheek piece by Sarah Maple. (T) 8.00 Cult of the Suicide Bomber. Robert Baer's third film exploring the terrorist threat. (T) 9.00 Dispatches Special: China's Stolen Children. The black market trade in kidnapped Chinese children. (T) 10.50 FILM: Broken Arrow (1996). Thriller, with John Travolta. (T) 12.50 4Music Presents - Stereophonics: You Choose. (T) 12.55 FILM: The Opposite of Sex (1998). Witty drama, starring Christina Ricci. (T) 2.50 MobileAct Unsigned. (R) (T) 3.50 3 Minute Wonder: The Seven Sins of England. (R) (T) 3.55 3 Minute Wonder: The Seven Sins of England. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Two and a Half Men. (R) (T) 1.45 FILM: Columbo: Candidate for Crime (1973). Murder mystery, starring Peter Falk. (T) 3.45 FILM: Jane Doe: Shaken & Stirred (2006). Premiere. Mystery, starring Lea Thompson. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.25 Mad For Music. New series. How music helps people with mental health issues. (T) 7.30 Inferno 999. A devastating blaze threatens to spread to nearby buildings. Last in series; (T) 7.30 five news update. (T) 8.00 Fifth Gear. A look at the BMW Z4 and the Nissan 350Z; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Boy Who Can Never Grow Old. Duchenne muscular dystrophy sufferer Stuart Wickison. (T) 10.00 Banged Up Abroad. New drama-documentary series. Smugglers are arrested in Venezuela. (T) 11.05 FILM: Interview with the Vampire (1994). Gothic horror, starring Tom Cruise. (T) 1.25 NFL Live. Buffalo Bills v Dallas Cowboys (Kick-off 1.30am). 4.45 Race and Rally UK. 5.10 Nascar Nextel Cup.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 A Herança de Verão 2215 Prós e Contras 0100 Film TBA 0400 Telesales 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga là Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Film TBA, film 0315 Quando O Telefone Toca
TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0115 Film TBA 0300 Toca a Ganhar 0430 Que Loucura de Familia VII 0500 Telesales

Best of the Rest

BBC3
7.00 The Most Annoying TV - We Hate to Love 8.00 The Scam Squad 8.30 The Real Hustle 9.00 Little Britain 9.30 It's Adam and Shelley 10.00 EastEnders 10.30 Drop Dead Gorgeous 11.30 The Most Annoying TV - We Hate to Love 12.25 It's Adam and Shelley 12.55 The Real Hustle 1.25 The Scam Squad 1.55 Drop Dead Gorgeous 2.50 Help Me Anthea, I'm Infested! 3.50 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Why Democracy?: Yes Minister 8.00 Why Democracy?: Campaign - The Kawasaki Candidate 9.00 Why Democracy?: House of Cards 10.00 Why Democracy?: Russia's Village of Fools 11.00 Why Democracy?: The Thick of It Special: Rise of the Nutters 12.00 Why Democracy?: The Thick of It Special: Spinners and Losers 1.15 Why Democracy?: Campaign - The Kawasaki Candidate 2.10 Why Democracy?: Russia's Village of Fools 3.05 Why Democracy?: How to Be Ex-Prime Minister 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Airline 8.30 Airline 9.00 Hell's Kitchen USA 10.00 Film: Mission: Impossible PG (1996) 12.10 Coronation Street 12.40 Coronation Street 1.10 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate Atlantis 2.00 Stargate Atlantis 3.00 Relic Hunter 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp on Gangs 10.00 Prison Break 11.00 Road Wars 12.00 Star Trek: Voyager 1.00 Star Trek: Voyager 1.50 Star Trek: The Next Generation 2.40 Star Trek: The Next Generation 3.30 Relic Hunter 4.20 Max Magic 5.10 Guilty!
UKTV Gold
1.00 dinnerladies 1.40 My Family 2.20 Dancing with the Stars 4.00 Dancing with the Stars 5.00 Dallas 6.00 Murder, She Wrote 7.00 The Thin Blue Line 7.40 My Family 8.20 dinnerladies 9.00 My Family 9.40 My Family 10.20 One Foot in the Grave 11.00 Little Britain 11.40 Little Britain 12.20 The Worst Week of My Life 1.00 Little Britain 1.40 Little Britain 2.15 Yes Minister 2.45 Casualty 3.35 Dallas 4.25 Close Up 4.35 The Afternoon Play 5.35 Neighbours
TCM
1.00 The Ice Pirates PG (1984) 3.00 Please Don't Eat the Daisies U (1960) 5.00 Hot Millions U (1968) 6.55 Somebody Up There Likes Me PG (1956) 9.00 Magnum Force 18 (1973) 11.20 Fame 15 (1980) 1.50 Teleshopping 2.05 Somebody Up There Likes Me PG (1956) 4.05 MGM: When the Lion Roars
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.15 The Clinic PG (2004) 8.55 Proof 12 (2005) 10.40 Holy Matrimony PG (1994) 12.25 Victim of Love PG (1993) With Dwight Schultz. 2.10 Columbo: Rest in Peace, Mrs Columbo PG (1990) With Peter Falk. 3.55 Drama Close Up 4.25 The Clinic PG (2004) With Jonathan Scarfe. 6.10 Holy Matrimony PG (1994) With Patricia Arquette. 8.00 The New World 12 (2005) With Colin Farrell. 10.20 Columbo: Rest in Peace, Mrs Columbo PG (1990) With Peter Falk. 12.05 A Cry in the Dark 15 (1988) With Meryl Streep. 2.10 The Tie That Binds 18 (1995) With Daryl Hannah. 3.50 Piccadilly Jim 15 (2004) 5.30 Victim of Love PG (1993)

Sky Movies Comedy

6.05 Kiss Me, Stupid PG (1964) 8.15 Bad Manners 15 (1997) 10.00 House Arrest PG (1995) 12.00 She's the Man 12 (2006) With Amanda Bynes. 2.00 Keeping Mum 15 (2005) With Rowan Atkinson. 4.00 She's Having a Baby 15 (1988) With Kevin Bacon. 6.00 House Arrest PG (1995) With Jamie Lee Curtis. 8.00 She's the Man 12 (2006) With Amanda Bynes. 10.00 Keeping Mum 15 (2005) With Rowan Atkinson. 12.00 She's Having a Baby 15 (1988) With Kevin Bacon. 1.50 Bad Manners 15 (1997) With David Strathairn. 3.30 Ratatouille Special 4.00 Kiss Me, Stupid PG (1964)

Sky Movies Action

6.25 Angel Flight Down PG (1996) 8.10 Diplomatic Siege 15 (1999) 10.00 Chain Reaction 12 (1996) 11.50 Chill Factor 15 (1999) With Cuba Gooding Jnr. 1.35 Tristan and Isolde 12 (2005) With James Franco. 3.45 Chain Reaction 12 (1996) With Keanu Reeves. 5.35 Chill Factor 15 (1999) With Cuba Gooding Jnr. 7.20 Diplomatic Siege 15 (1999) With Tom Berenger. 9.00 The Dukes of Hazzard 12 (2005) With Johnny Knoxville. 10.45 Tristan and Isolde 12 (2005) With James Franco. 12.50 Coffy 18 (1973) With Pam Grier. 2.25 True Colors 15 (1991) With John Cusack. 4.20 Angel Flight Down PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live International Cricket. India v Australia. 1.00 Football First 2.30 Football First 4.00 Football First 5.30 Soccer AM: The Best Bits 6.30 Big League Weekend 7.30 Monday Night Live. Queens Park Rangers v Norwich City (Kick-off 7.45pm). 10.00 Big League Weekend 11.00 Soccer AM: The Best Bits 12.00 Big League Weekend 1.00 Champions League Weekly 1.30 Live NFL. Buffalo Bills v Dallas Cowboys (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Horse of the Year Show 10.30 Spanish Football 12.30 Champions League Weekly 1.00 Horse of the Year Show 4.00 International Cricket 6.00 Live Darts. The opening day of the World Grand Prix. 11.00 Show Jumping 12.30 Sportnation 1.30 International Cricket 3.30 Big League Weekend 4.30 Close

Sky Sports 3

11.00 Aerobics Oz Style 11.30 Racing News 12.00 NFL: Triple Header 3.00 Golf Night 5.00 WWE: Raw 7.00 NFL: Triple Header 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 World Rally Championship 8.30 World Touring Car Championship 9.30 World Superbikes 10.30 Table Tennis 12.00 Live WTA Tennis. The Kremlin Cup. 3.30 WTA Tennis 4.30 Motorsports Weekend 5.00 Eurogoals 5.45 World Touring Car Championship 6.45 World Superbikes 9.15 MotoGP 11.00 Eurogoals 11.45 Eurosport Buzz 12.15 Test Ride 12.30 Close

Sky Sports Xtra

3.00 World Motor Sport 5.30 Show Jumping 7.00 British Rally Championship 8.00 Wild Spirits 8.30 International Cricket 10.30 World Motor Sport 1.00 British Rally Championship 2.00 Adrenaline 2.30 Wild Spirits 3.00 Close

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[2] Installation costs €40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) Bernard. (R) 4.30 Best of Friends. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle challenges Rebecca's rules. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Deano and Chelsea deal with their fate, while Denise strives to be strong for Libby. Steven becomes more unstable, but Lucy still feels he's being treated unfairly. Shirley reluctantly accepts Vinnie's offer to take her to A&E, but Heather doesn't understand why she's not interested in him. (T)
8.00 Holby City. Part two of two. Secrets and lies about Abra's past catch up with him, threatening Kyla's chances of getting Max back from social services. Maddy is terrified as detectives question her over Sunny's death but finds an ally in Dan who blackmails Ric over the secret night operations to prevent the police discovering the truth. James wants Mark to help him hide his drug habit from Elliot. (T)
9.00 Silent Witness. Part two of two. The team identify the four bodies found in the Thames, and discover two of them were a couple fleeing China because they wished to have a second child. Nikki realises their six-year-old daughter was also on the boat - and may still be alive somewhere. Meanwhile, the detectives close in on the gang running the people-trafficking operation. Burt Kwouk guest stars. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 One Life. Documentary following the RAF's 27 Squadron during two months in Afghanistan's Helmand Province. Featuring cockpit footage of daily engagements against the Taliban, missions to rescue injured colleagues, and deliveries of much-needed supplies of food, ammunition and troops, under enemy fire. (T)
11.20 Film 2007 with Jonathan Ross. A review of the new movie Invasion, with Nicole Kidman and Daniel Craig confronting aliens trying to take over the world, and a look at the latest Pixar animation Ratatouille, about a talking, cooking rat. (T)
11.50 FILM: Eye of the Beholder (1999). Thriller, starring Ewan McGregor; (T) Weatherview.
1.35 Sign Zone: See Hear. (R) (T) 2.05 Sign Zone: The Tudors. (R) (T) 3.00 Sign Zone: What Not to Wear. (R) (T) 4.00 Sign Zone: Grumpy Old Holidays. (R) (T) 4.30 BBC News 24. (T)

Pick of the Day

Stephen Fry - HIV and Me (BBC2, 9pm)
If you found last week's opening edition of this two-part documentary hard to take, be warned: the conclusion features more of the same. In the 1980s, when Aids and HIV first became headline news, members of the public were given haunting warnings via memorable TV ads voiced by John Hurt. Now, it seems, experts believe we're losing the fight against the disease. Here, Stephen meets an American man whose partner died of an Aids-related illness a decade ago. He's since become resistant to every drug he's been prescribed and is now known as a 'salvage patient'. There are thousands more like him across the globe who are desperately taking experimental treatments in a bid to find one that works before it's too late. Stephen also discovers that, although medical help has improved during the past 20 years, prejudice against sufferers hasn't. One 60-year-old grandmother discusses candidly the torment she's had to endure from strangers. But not everything is depressing. Stephen also meets two HIV positive people who've had healthy children and discovers there's hope for all those with the virus thanks to a new, single-pill therapy.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The north of England heats continue as the amateur chefs vie for victory with traditional dishes, including roast beef, sticky toffee pudding and chicken tikka masala. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Hour-long episode. After accidentally answering Debbie's stolen phone, Scarlett finds out about the photo of Eli and Kelly kissing. When Carl views the image he has the task of telling a devastated Jimmy. Jasmine is disgusted to hear how Eli managed to steal the phone from Debbie, and Laurel continues her quest to transfer Emily's feelings for Ashley on to the Bishop. (T)
8.00 Who Wants to Be a Millionaire? Newlyweds Special. Chris Tarrant gives five newlywed couples a warm reception as they compete for a chance to face the 12-step money tree and play for the #1million jackpot prize. (T)
9.00 Superhuman: Giants. An insight into what life is like for extraordinarily tall people, for whom everyday tasks and finding love are huge challenges, while attracting crowds of onlookers wherever they go. The programme follows giants in Britain, America, China and Ukraine, where the world record holder is almost 8ft 6, and reveals tales of triumph over adversity as well as the story of how Britain's tallest man lost his 30-year title to a young newcomer. (T)
10.00 Don't Call Me Stupid. It's back to the drawing board for darts legend Bobby George when he discovers he'll be learning the poetry of Geoffrey Chaucer. Meanwhile, journalist Vanessa Feltz thinks she'll be out of her depth as Bobby teaches her about fishing before the pair test their knowledge in a quiz. Alexander Armstrong hosts. (T)
10.30 ITV News; Weather. (T)
11.05 Extreme Rescue. New series. Documentary reconstruction, archive footage and graphics are used to bring to life the 1980 six-day siege on the Iranian Embassy in London, during which 26 people were held hostage. (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Watch. (T) 10.45 Friends and Heroes. (T) 11.10 Churchill's Bodyguard. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Shakespeare: The Animated Tales. (T) 1.30 Escape to the Country. (R) (T) 2.30 Identity. (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Galapagos. The islands' extremes of weather. Last in series. (R) (T) 7.50 Wild Scotland. Pine martens and ospreys. (R) (T) 8.00 Coast. Nicholas Crane hangs off the cliffs near Beachy Head to discover how the chalk was formed and Neil Oliver investigates why the Victorian Channel Tunnel was never finished. (R) (T) 9.00 Stephen Fry - HIV and Me. Conclusion. Assessing new treatments and the search for hope. (T) 10.00 The Grumpy Guide to Work. Celebrity reflections on the world of work. (T) 10.30 Newsnight; Weather. (T) 11.20 Golf. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder: Time for School. 10.30 The KNTV Show; (R) (T) 3 Minute Wonder: Subverting the City. (R) (T) 11.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder: Last Orders. (R) (T) 11.30 KNTV - Philosophy; (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 Great British Brands. (R) (T) 1.40 FILM: Retreat, Hell! (1952). Korean War drama, starring Frank Lovejoy. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: 4 New Sensations. Marcus Lanyon, whose art both attracts and repels. (T) 8.00 Jamie at Home. Jamie Oliver cooks using fresh game birds. (T) 8.30 The Wild Gourmets. Thomasina and Guy head north on the hunt for red grouse. (T) 9.00 Bringing Up Baby. Views on colic, public breast-feeding and sleep patterns. (T) 10.00 Skins. Tony grows concerned about Effy. (T) 11.05 Skins. (T) 12.05 4Music Presents: Stereophonics: You Choose. (T) 12.10 The Fanbanta Football Show. 12.45 UK Poker Tour. 1.45 KOTV. (T) 2.10 FIA GT Championship. 2.40 British F3 International Series. (R) 3.05 Freesports on 4. 3.30 Triathlon. (R) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Two and a Half Men. (R) (T) 1.50 FILM: The Baby Dance (1998). Emotional drama, starring Stockard Channing. (T) 3.35 five news update. (T) 3.45 FILM: A Stranger's Heart (2007). Premiere. Drama, starring Samantha Mathis. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.25 Mad For Music. Importance of music to individuals with mental health issues. (T) 7.30 Chris Barrie's Massive Engines. The history of passenger aircraft. (R) (T) 8.00 The Plot to Kill JFK - The Cuban Connection: Revealed. New examination of the facts surrounding the 1963 assassination. (T) 9.00 CSI: Miami. Frank steps on a land mine during an investigation. (T) 10.00 CSI: NY. Mac and Stella look into the death of an estate agent. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Shock Docs: Soldiers' Trophy Pictures. (R) (T) 1.00 US Tour Golf. 1.50 Football Italiano. 3.20 French Football - Le Championnat. 4.10 European Drag Racing. 4.35 NHRA Drag Racing. 5.35 Motorsport Mundial.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1410 Prova de Amor 1515 Operação Trinfo 1715 Lingo 1800 portugal em Directo 1905 O Preço Certo 2000 News 2230 Film TBA 0400 Telesales 0605 Nos
RTP2
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SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Desperate Housewives 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2000 News 2115 Olha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Film TBA

Best of the Rest

BBC3
7.00 The Most Annoying TV - We Hate to Love 8.00 Dog Borstal 9.00 Singing with the Enemy 10.00 EastEnders 10.25 Family Guy 10.50 Family Guy 11.10 The Mighty Boosh 11.40 The Most Annoying TV - We Hate to Love 12.35 Singing with the Enemy 1.35 Dog Borstal 2.30 The Mighty Boosh 3.00 It's Adam and Shelley 3.30 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Why Democracy?: Yes Minister 8.00 Legends: Carmen Miranda, Beneath the Tutti-Frutti Hat 9.00 Ripping Yarns 9.30 Flight of the Conchords 10.00 Charlie Brooker's Screen Wipe 10.30 Why Democracy?: Looking for the Revolution 11.30 Why Democracy?: Timeshift: Prime Ministers 1.30 Legends: Carmen Miranda, Beneath the Tutti-Frutti Hat 2.30 Charlie Brooker's Screen Wipe 3.00 Looking for the Revolution 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 Streetmate 8.00 House of Horrors 9.00 Film: Mission: Impossible PG (1996) 11.10 Secret Diary of a Call Girl 11.40 Entourage 12.10 Superhuman: Giants 1.10 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate Atlantis 2.00 Stargate Atlantis 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 A Town Called Eureka 10.00 Road Wars 11.00 Ross Kemp on Gangs 12.00 Star Trek: Voyager 1.00 Star Trek: Voyager 1.50 Star Trek: The Next Generation 2.40 Star Trek: The Next Generation 3.30 Relic Hunter 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 The Thin Blue Line 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Dallas 6.00 Murder, She Wrote 7.00 The Thin Blue Line 7.40 My Family 8.20 dinnerladies 9.00 Who Do You Think You Are? 10.00 QI 10.40 Blackadder II 11.20 Little Britain 12.00 Little Britain 12.40 The Worst Week of My Life 1.20 QI 2.00 Blackadder II 2.30 Waiting for God 3.25 The Bill 4.15 The Afternoon Play 5.10 Neighbours 5.35 Neighbours
TCM
1.00 Young Bess U (1953) 3.00 That Forsyte Woman U (1949) 5.05 Song of Love U (1947) 7.15 Spinout U (1966) 9.00 Rio Bravo U (1959) 11.45 The Best House in London 15 (1968) 1.20 Teleshopping 1.35 Shoot the Moon 15 (1982) 3.45 The Petrified Forest PG (1936)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.15 Anna's Dream PG (2002) 8.45 Columbo: Undercover PG (1994) 10.25 Desperate Justice PG (1993) 12.05 Brokeback Mountain 15 (2005) With Heath Ledger. 2.25 Columbo: Undercover PG (1994) With Peter Falk. 4.05 Drama Close Up 4.35 Anna's Dream PG (2002) With Lindsay Marie Felton. 6.10 Ice Bound PG (2003) With Susan Sarandon. 8.00 Brokeback Mountain 15 (2005) With Heath Ledger. 10.20 Freedomland 15 (2006) With Samuel L Jackson. 12.20 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 2.35 A Taste of Honey 15 (1961) With Rita Tushingham. 4.25 Ice Bound PG (2003)

Sky Movies Comedy

6.10 Captain Ron PG (1992) 7.55 The Perfect Man PG (2005) 9.40 Best Man in Grass Creek PG (2001) 11.15 The Silence of the Hams 15 (1993) With Billy Zane. 12.50 Big Bully PG (1995) With Rick Moranis. 2.40 Captain Ron PG (1992) With Kurt Russell. 4.30 The Perfect Man PG (2005) With Hilary Duff. 6.20 Best Man in Grass Creek PG (2001) With John Hines. 8.00 Must Love Dogs 12 (2005) With Diane Lane. 10.00 American Pie Presents: The Naked Mile 15 (2006) With John White. 11.45 Twin Town 18 (1997) With Rhys Ifans. 1.30 The Silence of the Hams 15 (1993) With Billy Zane. 2.55 American Pie Presents: The Naked Mile 15 (2006) With John White. 4.40 Big Bully PG (1995)

Sky Movies Action

6.00 Mastermind PG (1976) 7.30 Swindle 15 (2002) 9.15 Attack Force Z 15 (1981) 10.55 The Game 15 (1997) 1.05 Inside Man 15 (2006) With Denzel Washington. 3.15 No Way Out 15 (1987) With Kevin Costner. 5.15 Attack Force Z 15 (1981) With Mel Gibson. 6.50 The Game 15 (1997) With Michael Douglas. 9.00 Inside Man 15 (2006) With Denzel Washington. 11.15 A History of Violence 18 (2005) With Viggo Mortensen. 12.55 Foxy Brown 18 (1974) With Pam Grier. 2.30 No Way Out 15 (1987) With Kevin Costner. 4.30 Mastermind PG (1976)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Soccer AM: The Best Bits 7.00 WWE: Afterburn 8.00 Big League Weekend 9.00 World Motor Sport 11.30 Soccer AM: The Best Bits 12.30 Big League Weekend 1.30 Wild Spirits 2.00 Soccer AM: The Best Bits 3.00 NFL 5.00 Big League Weekend 6.00 Live Darts. The World Grand Prix. 11.00 Revista De La Liga 12.00 A-League 12.30 Foot Brazil 1.00 Ladies European Tour Golf 2.00 Revista De La Liga 3.00 A-League 3.30 Foot Brazil 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 British Rally Championship 9.00 Beach Volleyball 10.00 Darts 2.00 Rally World 2.30 World Motor Sport 5.00 Ladies European Tour Golf 6.00 Foot Brazil 6.30 Revista De La Liga 7.30 Live Greyhound Racing. The Laurels Finals. 10.00 Poker Million 12.00 BMX Supercross 1.00 Beach Volleyball 2.00 Close

Sky Sports 3

9.00 Show Jumping 10.30 Equestrian 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Beach Volleyball 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Wild Spirits 3.00 BMX Supercross 4.00 Beach Volleyball 5.00 WWE: Smackdown 7.00 NFL 9.00 Ladies European Tour Golf 10.00 Sports Unlimited 11.00 NFL: Total Access 12.00 Rally Fever 1.00 Sports Unlimited 2.00 Equestrian 2.30 Close

British Eurosport

7.30 Eurosport Buzz 8.00 World Superbikes 9.00 Test Ride 9.15 Eurogoals 10.00 UEFA Cup Football 11.00 Live UEFA Cup Draw. The draw for the group stages. 11.45 WATTS 12.00 Live WTA Tennis. The Kremlin Cup. 3.30 WTA Tennis 4.30 World Superbikes 5.45 Eurogoals 6.00 Eurogoals 6.45 Boxing 8.00 Live Boxing. Ali Chebah v Payakchai Sithparadorn. 10.00 World Touring Car Championship 10.30 World Rally Championship 11.30 Test Ride 11.45 Eurogoals 12.30 Close

Sky Sports Xtra

2.30 Show Jumping 4.00 Equestrianism 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Equestrianism 6.30 British Formula Ford Championship 7.00 Beach Volleyball 8.00 Rally Fever 9.00 BMX Supercross 10.00 Beach Volleyball 11.00 Adrenaline 11.30 British Formula Ford Championship 12.00 World Pool Masters 1.00 Adrenaline 1.30 British Formula Ford Championship 2.00 Close

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See page 22

BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) Bernard. (R) 4.30 SMart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. A reality check from Susan prompts Carmella to confront Ringo about his feelings for her. Things don't go to plan though when Ringo becomes convinced she feels the same way, vowing to wait for her until he's older. Zeke is sure Tom's nurse is dishonest but no one will believe him. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T)
8.00 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. (T)
8.30 Rogue Traders. Matt Allwright and Dan Penteado investigate salesmen who use lies and pressure to squeeze money out of customers. Those exposed include an adjustable bed seller who cheats the elderly and vulnerable, and a pushy mobility scooter dealer who refuses to move until he gets his commission. (T)
9.00 The Nature of Britain. New series. Alan Titchmarsh explores the relationship between some of Britain's most distinctive animals and the environments in which they live. In the first episode he travels from the top to the bottom of the British Isles, observing the aggressive Arctic skua of the Shetland Isles and the elegant little egrets and green lizards on England's south coast. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Myleene Klass sets the balls rolling to decide the all-important numbers. (T)
10.40 One Foot in the Grave. Victor returns home from a disastrous shopping trip to discover he's been burgled and an unwelcome wedding invitation compounds his misery. Comedy, starring Richard Wilson and Annette Crosbie. (R) (T)
11.10 FILM: K2 (1991). Mountaineering adventure, with Michael Biehn. (T)
1.05 Sign Zone: Antiques Roadshow. (R) (T) 2.05 Sign Zone: Michael Palin's New Europe. (R) (T) 3.05 Sign Zone: Boys from the Brown Stuff. (R) (T) 4.05 Sign Zone: Ever Wondered About Food? (R) (T) 4.35 BBC News 24. (T)

Pick of the Day

The Pride of Britain Awards 2007 (ITV1 Granada, 9pm)
Usually on these awards nights we see famous faces being given all the praise for some achievement or other. However, these accolades are rather different, as they celebrate truly remarkable people - the nation's unsung heroes. From children of courage to outstanding teachers, carers and those who've shown amazing bravery, these awards are given to the average Joe who has done something simply amazing. Founded in 1999, the event is hosted by Carol Vorderman and regularly attracts millions of viewers. Many of the biggest names in showbusiness, sport and politics attend the glittering ceremony, and Prince Charles, Gordon Brown, Victoria and David Beckham, Paul McCartney, Bono, Bill Clinton and Kylie Minogue have all appeared in previous years. Aside from honouring the couragous, the show also gives out a lifetime achievement award, which in the past has been granted to the likes of Peter Benenson, who founded Amnesty International; Chad Varah, who began the Samaritans; Sir Alec Jeffreys, who pioneered genetic finger-printing; and Nicholas Winton, who saved many Jewish children from the Holocaust. Who will join their illustrious company this year?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)
5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race judge the third day of the North of England heats. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Jimmy apologises to Carrie and Scarlett about his actions the day before, which leaves the latter hopeful that things will get back to normal. Paddy has a surprise visitor. (T)
7.30 Coronation Street. Cilla toys with the idea of starting a new life in Las Vegas, Jodie learns Jerry has gone back on his word and the Duckworths leave Paul in charge as they head off to Blackpool. (T)
8.00 The Bill. Mickey kisses Sally - strictly in the course of his duties - as they trail bank robber Vince Murray to find out what he's up to back in England. Meanwhile, the old lag's son Darren proves to be a chip off the old block, staging a burglary with Ian Forrest's lad Kieran, but it's news to the youngsters that Ian was killed in the bank vault explosion while Vince survived the blast. Guest starring Nicky Henson and John Rogan. (T)
9.00 The Pride of Britain Awards 2007. Carol Vorderman hosts the annual ceremony celebrating the achievements of Britain's unsung heroes. Those honoured include the 12-year-old boy who saved his family from a crazed attacker brandishing a meat cleaver, an air stewardess who delivered a 1lb premature baby at 30,000ft and Britain's oldest man, a war veteran who still visits schools to talks to the children at the grand old age of 111. Those paying tribute include Prince Charles, Gordon Brown, JK Rowling, Ant and Dec, Peter Kay, Shirley Bassey, Jamie Oliver, Matt Lucas and David Walliams, Lewis Hamilton, Wayne Rooney and Davina McCall. (T)
10.30 ITV News; Weather. (T)
11.05 Shoplifters - Caught on Camera. Britain's hardest-hit retailers are rigged with CCTV systems in a bid to film thieves in the act before security guards step in to arrest the offenders and hand them over to the police. (R) (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 The Flying Gardener. (R) (T) 10.45 Family Xchange. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (R) (T) 2.30 Identity. (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. Helen Mirren is the Star in a Reasonably Priced Car. (R) (T) 8.00 The Restaurant. Raymond Blanc visits the remaining couples' restaurants. (T) 9.00 Heroes. Hiro attempts to make his father and sister understand his newly discovered powers, while Claire's search for her birth mother leads her to a Texas trailer park. George Takei stars. (T) 9.45 Heroes Unmasked. Profiling the scriptwriters of Heroes. (T) 10.00 Kath & Kim. Kath makes a positive move. (T) 10.30 Newsnight; Weather. (T) 11.20 Why Democracy?: Please Vote for Me. (T) 12.30 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Farm Revealed. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (T) National Gallery. 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.35 Water Stories. (R) (T) 1.45 FILM: The Frogmen (1951). War thriller, starring Richard Widmark. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: 4 New Sensations. An artist who focuses on abandoned places. (T) 8.00 Supernanny. Jo Frost helps the mother of two violent brothers who cannot understand why her sons fight with each other, yet behave when their father is present. (R) (T) 9.00 Millionaires' Mission. Shahid rushes to the aid of a pregnant mother. Last in series. (T) 10.00 Brothers & Sisters. Tommy and Julia face a heartbreaking decision. (T) 11.00 Brothers & Sisters. (T) 12.00 4 Music Presents: Stereophonics: You Choose. (T) 12.05 Will & Grace. (T) 12.40 Will & Grace. (T) 1.35 The Osbournes. (R) (T) 2.05 The Osbournes. (R) (T) 2.35 Your Face or Mine? (R) (T) 3.05 Greetings from Tucson. (R) (T) 3.30 Transmission. (R) (T) 4.30 Smallville. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Fools' Parade (1971). Western, starring James Stewart. (T) 3.25 five news update. (T) 3.30 FILM: The Sign of Four (1983). Sherlock Holmes mystery, with Ian Richardson. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.25 Mad For Music. The impact of Kirsty MacColl's Days on a woman's life. 7.30 David Beckham's Soccer USA. An inside look at Major League Soccer. Last in series; (T) 7.30 five news update. 8.00 My Body Hell; (T) 8.00 five news at 9. 9.00 How to Have Sex After Marriage. (T) 10.00 FILM: Payback (1999). Small-time crook Mel Gibson takes on the might of organised crime in pursuit of money he is owed by a double-crossing partner. Violent thriller, also starring Kris Kristofferson. 12.05 Poker World Open III. 1.35 Major League Baseball. 5.10 Challenge Tour Golf.

LOCAL

RTP1
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1905 O Preço Certo 2000 News 0100 Film TBA Telesales 0605 Nós
RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfere 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Noites da 2 0115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Soceidade Civil 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Shark 0115 CSI Las Vegas 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Silence of the Lambs, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

Best of the Rest

BBC3
7.00 The Most Annoying TV - We Hate to Love 8.00 What Not to Wear 9.00 Help Me Anthea, I'm Infested! 10.00 Heroes 10.45 The Real Hustle 11.15 Lucy: Teen Transsexual in Thailand 12.15 The Most Annoying TV - We Hate to Love 1.10 Help Me Anthea, I'm Infested! 2.10 The Real Hustle 2.40 Lucy: Teen Transsexual in Thailand 3.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Why Democracy?: Yes Minister 8.00 Michael Palin's New Europe 9.00 Why Democracy?: House of Cards 10.00 Why Democracy?: Dinner with the President 11.00 The Nature of Britain 12.00 Why Democracy?: Lefties 1.00 Why Democracy?: Lefties 2.00 Why Democracy?: Lefties 3.00 Why Democracy?: Dinner with the President 3.55 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Hell's Kitchen USA 9.00 Film: Crocodile Dundee II PG (1988) 11.05 Coronation Street 11.35 Teen Body Obsession: Too Much Too Young 12.05 Jack Osbourne - Adrenaline Junkie 1.05 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Sharpshooter 15 (2007) 10.35 Bones 11.35 Law & Order 12.35 Star Trek: Voyager 1.35 Star Trek: Voyager 2.35 Star Trek: The Next Generation 3.30 Star Trek: The Next Generation 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 The Thin Blue Line 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Dallas 6.00 Murder, She Wrote 7.00 The Thin Blue Line 7.40 My Family 8.20 dinnerladies 9.00 New Tricks 10.00 Shark 11.00 Little Britain 11.40 Little Britain 12.20 The Worst Week of My Life 1.00 The Royle Family 1.50 Little Britain 2.25 Little Britain 2.55 The Afternoon Play 3.55 Casualty 4.45 Dallas 5.35 Neighbours
TCM
1.00 Light in the Piazza PG (1962) 3.00 Arsenic and Old Lace PG (1944) 5.10 Two Loves PG (1961) 7.00 Pennies from Heaven 12 (1981) 9.00 Pale Rider 15 (1985) 11.25 The Getaway 18 (1972) 1.25 Teleshopping 1.40 The Fearless Vampire Killers 12 (1967) 3.35 Private Potter PG (1963)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Miss Lettie and Me U (2002) 7.45 Kissed by an Angel PG (2000) 9.30 Columbo Goes to the Guillotine PG (1989) 11.10 Driven to Succeed PG (2004) With Cybill Shepherd. 12.50 Miss Lettie and Me U (2002) With Mary Tyler Moore. 2.30 Columbo Goes to the Guillotine PG (1989) With Peter Falk. 4.15 Kissed by an Angel PG (2000) With Adam Trese. 6.15 Driven to Succeed PG (2004) With Cybill Shepherd. 8.00 Obsessed 12 (2002) With Jenna Elfman. 9.45 Jarhead 15 (2005) With Jake Gyllenhaal. 11.50 Stay 18 (2005) With Ewan McGregor. 1.30 Mean Creek 15 (2004) With Rory Culkin. 3.10 Stolen Youth 12 (1996) 4.50 Driven to Succeed PG (2004)

Sky Movies Comedy

6.20 The Thing About My Folks 12 (2005) 8.05 Family Close Up 8.35 Home for the Holidays 15 (1995) 10.35 Last Holiday 12 (2006) 12.35 Confetti 15 (2006) With Martin Freeman. 2.25 The Red Sneakers PG (2001) With Dempsey Pappion. 4.25 Home for the Holidays 15 (1995) With Holly Hunter. 6.15 The Thing About My Folks 12 (2005) With Paul Reiser. 8.00 Confetti 15 (2006) With Martin Freeman. 10.00 Last Holiday 12 (2006) With Queen Latifah. 11.55 Bull Durham 15 (1988) With Kevin Costner. 1.45 Gridlock'd 18 (1997) With Tupac Shakur. 3.20 The Thing About My Folks 12 (2005) 5.00 The Red Sneakers PG (2001)

Sky Movies Action

6.00 The Sign of Four PG (2001) 7.45 The Presidio 15 (1988) 9.30 Young Guns II: Blaze of Glory 15 (1990) 11.25 Blue Thunder 15 (1983) With Roy Scheider. 1.25 Four Brothers 15 (2005) With Mark Wahlberg. 3.25 The Presidio 15 (1988) With Sean Connery. 5.10 Young Guns II: Blaze of Glory 15 (1990) With Emilio Estevez. 7.05 Kiss Kiss Bang Bang 15 (2005) With Robert Downey Jnr. 9.00 Four Brothers 15 (2005) With Mark Wahlberg. 10.50 The Substitute 2: School's Out 18 (1998) With Treat Williams. 12.25 Mississippi Burning 18 (1988) With Gene Hackman. 2.35 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.20 The Sign of Four PG (2001)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Revista De La Liga 7.00 WWE: Heat 8.00 Foot Brazil 8.30 Revista De La Liga 9.30 Live International Cricket. Sri Lanka v England. 7.00 Live Darts. The World Grand Prix. 11.00 Futbol Mundial 11.30 Total Rugby 12.00 International Cricket 2.00 Poker Million 4.00 Total Rugby 4.30 Live International Cricket. India v Australia.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 BMX Supercross 9.00 Beach Volleyball 10.00 Darts 2.00 Revista De La Liga 3.00 Poker Million 5.00 Show Jumping 5.30 Adrenaline 6.00 European Seniors Tour Golf 7.00 FIFA Futbol Mundial 7.30 Total Rugby 8.00 International Cricket 10.00 You're on Sky Sports! 11.30 NFL: Total Access 12.30 European Seniors Tour Golf 1.30 PGA EuroPro Tour Golf 3.30 Challenge Tour Golf 4.00 You're on Sky Sports! 5.30 Close

Sky Sports 3

6.00 Rally Fever 7.00 Ladies European Tour Golf 8.00 World Pool Masters 9.00 Poker Million 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Beach Volleyball 1.00 NFL: Total Access 2.00 BMX Supercross 3.00 World Pool Masters 4.00 Sports Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Challenge Tour Golf 7.30 European Tour Weekly 8.00 PGA EuroPro Tour Golf 10.00 European Tour Weekly 10.30 Challenge Tour Golf 11.00 Transworld Sport 12.00 Watersports World 1.00 Carp Academy 2007 1.30 Beach Volleyball 2.30 Close

British Eurosport

7.30 Yoz Magazine 8.00 World Touring Car Championship 8.30 World Rally Championship 9.30 MotoGP 10.15 World Superbikes 11.00 euroCRASH! 11.15 International Football 12.00 Live WTA Tennis. The Kremlin Cup. 3.30 Live ATP Tennis. The BA-CA Tennis Trophy. 5.00 Eurogoals 5.15 Live ATP Tennis. The BA-CA Tennis Trophy. 7.00 Wednesday Selection 7.05 Show Jumping 8.05 Show Jumping 9.05 Riders Club 9.10 Wednesday Selection 9.15 European Tour Golf 9.45 Golf Club 9.50 Sailing 10.20 Yacht Club 10.25 Wednesday Selection 10.30 Escape 11.00 Olympic Magazine 11.30 World Rally Championship 12.30 Close

Sky Sports Xtra

10.30 Equestrianism 11.00 Ladies European Tour Golf 12.00 European Seniors Tour Golf 1.00 PGA EuroPro Tour Golf 3.00 Rally Fever 4.00 Equestrianism 4.30 A-League 5.00 NFL: Total Access 6.00 Equestrianism 6.30 Carp Academy 2007 7.00 Beach Volleyball 8.00 Watersports World 9.00 Eurodrift Championship 9.30 Total Rugby 10.00 Beach Volleyball 11.00 Adrenaline 11.30 European Tour Weekly 12.00 Max Power 1.00 Adrenaline 1.30 Total Rugby 2.00 Equestrianism 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) 4.30 Best of Friends. (R) (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Carmella is flattered by Ringo, and in a moment of weakness the pair almost kiss. Suspecting that his crush is turning into an obsession Rosie confronts her sister who struggles to hide the truth. Zeke continues to believe Tom's accusations about nurse Ian and turns detective to uncover the truth. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Vinnie tries to get into Shirley's good books by taking her shift at the Vic, and is soon a hit with the regulars. Kevin makes amends with the Masoods by inviting them to dinner - which ends in disaster. Steven's behaviour becomes increasingly disturbed, but he still manages to convince Lucy to go with him on a mysterious journey. (T)

8.00 Waterloo Road. New series. Tom blames Jack for Izzie's death and is struggling to come to terms with being a single dad to Chlo and Mika. His family crisis worsens when he learns that Chlo and Donte have taken off to get married and faces a race against time to get to the registry office. Meanwhile, the staff place bets on how long newly qualified teacher Jasmine Koreshi will last. (T)

9.00 Who Do You Think You Are? Graham Norton researches his family tree, uncovering surprising facts about his Protestant heritage and as he attempts to find out why his maternal great-grandmother used two different maiden names. When he digs deeper he uncovers a story of scandal and illegitimacy, but also one of courage and determination. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Weatherview.

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Who Do You Think You Are? (R) (T) 1.55 Sign Zone: Tribe. (R) (T) 2.55 Sign Zone: Nigella Express. (R) (T) 3.25 BBC News 24. (T)

Pick of the Day

Waterloo Road (BBC1, 8pm)
According to recent rumours, Waterloo Road was being lined up as a replacement for Neighbours when it eventually moves to five. That would have meant a change from an hour-long format to just 25 minutes, but it seems it's going to remain a prime time drama, for now at least. Although it was launched with relatively little fanfare in 2006, this school-based drama quickly won quite a following, most of whom were glued to the screen at the end of the last run. It ended in shocking style as popular drama teacher Izzie was left bleeding after being stabbed during an incident in the playground. But what happened next? Did she live or die? You'll have to tune in to find that out, but whatever happens, it's bound to be nail-biting stuff. Making matters even more difficult is the fact Izzie's eldest daughter Chlo has run off with her boyfriend Donte. The pair are planning to tie the knot away from the prying eyes of their disapproving families, and are unaware of any problems back home. Meanwhile, there are a couple of fresh faces to get used to - deputy head Eddie Lawson and newly qualified teacher Jasmine Koreshi. The latter is clearly wet behind the ears, and the rest of the staff take bets on how long she'll last. Neil Morrissey joins the regular cast, which includes Jason Merrells, Jason Done and Christine Tremarco.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The final Northern heat. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jo asks Lisa to look after Sarah, who seizes the opportunity to take her to visit her mother Debbie, but things don't really go to plan. Jack is upset when he sees Diane talking to the man he thinks she nearly had an affair with - only to be told he's gay and Carrie continues to spend time with Jimmy. (T)

7.30 Thames Wildlife Super Highway. Miranda Krestovnikoff continues her trip along the historic river by examining the diversity of species that live along its banks in Docklands. The creatures she discovers range from mitten crabs and flounders that hide away in creeks to rare bees living on the roofs of skyscrapers. (T)

8.00 The Bill. When three teenagers collapse after taking uncut cocaine, Diane and Sally are sent to visit the school they all attend. There they break up a fight and further investigations reveal the two girls involved are both caught up in the local drugs scene as suppliers. Grace makes a momentous decision about her career and Phil drops a bombshell on his Sun Hill colleagues. (T)

9.00 The Whistleblowers. The suicide of a teenage boy leads his mother to call on Ben and Alisha to expose the failing school she blames for his death. With no obvious whistleblower on the inside, the pair's powers of persuasion are sorely tested as they piece together a complex picture of the education system. Richard Coyle and Indira Varma star. (T)

10.00 Commando: On the Front Line. Terry John of 924 Troop is told a shocking truth by the medical officer, and Second Lieutenant Bertie Kerr goes through his final training exercises before leaving for Afghanistan. (T)

10.30 ITV News; Weather. (T)

11.05 Frost Tonight. (T)

11.35 Soundtrack of My Life. Belinda Carlisle talks about the trials and rewards of a career in pop and her musical influences. She also performs Go-Go's hits and previews new solo material. Sarah Cawood presents. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) The Roly Mo Show. (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Let's Write a Story. (T) 10.50 Let's Write a Story. (T) 11.10 Look and Read. (T) 11.30 Watch. (T) 11.45 Pod's Mission. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Golf: World Match Play. Live coverage of the opening day from Wentworth. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Why Democracy?: The Ministry of Truth. Light-hearted investigatory film in which key political figures are asked whether it should be considered a crime for a politician to lie to the electorate. (T) 8.00 The Restaurant. The remaining couples battle for a place in the final. (T) 9.00 The Life and Times of Vivienne Vyle. Vivienne makes a guest appearance at a cash-and-carry store. (T) 9.30 The Peter Serafinowicz Show. Simon Cowell dishes out frank advice to young hopefuls. (T) 10.00 The Graham Norton Show. New series. Comedy talk show. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Heroes. (R) (T) 12.05 FILM: Pavee Lackeen: The Traveller Girl (2005). Premiere. Drama, starring Winnie Maughan. (T) 1.30 BBC News. (T) 2.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun Revisited. (R) (T) 1.30 FILM: Crash Dive (1943). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: 4 New Sensations. Profile of artist Mark Melvin. Last in series. 8.00 Beauty Addicts: How Toxic Are You? Part one of two. The truth about cosmetics and chemicals. (T) 9.00 Meet the Natives. Last in series. (T) 10.00 Without a Trace. A girl disappears from a detention centre. (T) 11.00 The Beginner's Guide to Yoga. (T) 12.00 4Music: 4Music Presents: Stereophonics: You Choose. (T) 12.10 4Music: Ibiza Rocks. 12.40 4Music: Dubplate Drama. (T) 1.15 FILM: Taxi No 9211 (2006). Premiere. 3.20 3 Minute Wonder: The Forgotten Flood. (R) 3.25 3 Minute Wonder: The Forgotten Flood. (R) 3.30 3 Minute Wonder: The Forgotten Flood. (R) 3.35 3 Minute Wonder: The Forgotten Flood. (R) 3.40 Cult of the Suicide Bomber. (R) (T) 4.40 Smallville. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.35 The Big Valley. (T) 3.35 five news update. (T) 3.40 FILM: Robinson Crusoe (1996). Adaptation of the classic drama, starring Pierce Brosnan. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.25 Mad For Music. How music helped one man grieve. (T) 7.30 Chris Barrie's Massive Machines. The history and technology of boats; (R) (T) 7.30 five news update. (T) 8.00 How to Be a Property Developer. The sale of the girls' property falls through; (T) 8.00 five news at 9. (T) 9.00 The Hotel Inspector. A six-bedroom B&B in a converted medieval priory. (T) 10.00 Californication. New comedy drama series, starring David Duchovny. (T) 10.45 30 Rock. (T) 11.15 A Girl's Guide to 21st Century Sex. (R) (T) 12.00 Quiz Call. 4.00 Football Argentina Highlights. 4.50 Dutch Football.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1900 O preço Certo 1955 Direto de Antena 2000 News 2145 A Herança 'De Verão' 0100 Hysterical Blindness, 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negocios 0400 Protector IV 0445 Telesales

Best of the Rest

BBC3
7.00 The Most Annoying TV - We Hate to Love 8.00 Dog Borstal 9.00 The Restaurant: You're Fired! 9.30 The Real Hustle 10.00 EastEnders 10.30 How Dirty Can I Get? 11.30 Singing with the Enemy 12.25 The Most Annoying TV - We Hate to Love 1.25 The Real Hustle 1.55 How Dirty Can I Get? 2.50 Dog Borstal 3.50 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Why Democracy?: Yes Minister 8.00 Francesco's Italy Top to Toe 9.00 Why Democracy?: House of Cards 10.00 Why Democracy?: In Search of Gandhi 11.00 Why Democracy?: Party Animals 11.50 Why Democracy?: Oona and Me 12.50 Timeshift: Prime Ministers 2.50 Why Democracy?: In Search of Gandhi 3.45 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Streetmate 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Entourage 11.00 Film: Die Hard 2 18 (1990) 1.20 The Black Donnellys 2.20 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Cirque - Backstage at the Big Top 8.30 The Simpsons 9.00 Hidden Palms 10.00 Hidden Palms 11.00 Prison Break 12.00 Star Trek: Voyager 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Relic Hunter 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 The Thin Blue Line 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Dallas 6.00 Murder, She Wrote 7.00 The Thin Blue Line 7.40 My Family 8.20 dinnerladies 9.00 Only Fools and Horses 10.20 The Catherine Tate Show 11.00 Little Britain 11.40 Little Britain 12.20 Only Fools and Horses 1.40 My Family 2.15 Casualty 3.05 Dallas 3.55 Murder, She Wrote 4.45 One Foot in the Grave 5.15 Neighbours 5.35 Neighbours

TCM
1.00 Above Suspicion PG (1943) 3.00 Vengeance Valley PG (1951) 4.25 Slim U (1937) 5.55 Mutiny on the Bounty 15 (1962) 9.00 Gods and Monsters 15 (1998) 11.20 Soylent Green PG (1973) 1.25 Teleshopping 1.55 The Shoes of the Fisherman U (1968)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.30 Miracle in the Woods PG (1997) 8.10 Columbo: Death Hits the Jackpot PG (1991) 9.55 Role of a Lifetime PG (2001) 11.40 A Wing and a Prayer 15 (1998) With Claudia Christian. 1.30 Drama Close Up 2.00 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 3.40 The White Countess PG (2005) With Ralph Fiennes. 6.10 Role of a Lifetime PG (2001) With Scott Bakula. 8.00 Ask the Dust 15 (2006) With Salma Hayek. 10.00 The White Countess PG (2005) With Ralph Fiennes. 12.20 The Portrait of a Lady 12 (1996) With Nicole Kidman. 2.50 Bee Season 12 (2005) With Richard Gere. 4.40 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.50 Under Wraps PG (1997) 8.30 One Fine Day PG (1996) 10.25 Irma la Douce 15 (1963) 12.50 Failure to Launch 12 (2006) With Matthew McConaughey. 2.30 Under Wraps PG (1997) With Adam Wylie. 4.05 One Fine Day PG (1996) With George Clooney. 6.00 Bad News Bears 12 (2005) With Billy Bob Thornton. 8.00 Failure to Launch 12 (2006) With Matthew McConaughey. 10.00 The Road to Wellville 18 (1994) With Anthony Hopkins. 12.05 Private Parts 18 (1997) With Howard Stern. 2.05 Bad News Bears 12 (2005) With Billy Bob Thornton. 4.05 Under Wraps PG (1997)

Sky Movies Action

6.00 Pacific Heights 15 (1990) 7.55 Murder at 1600 15 (1997) 9.55 Miami Vice 15 (2006) 12.15 Deep Impact 12 (1998) With Robert Duvall. 2.30 Pacific Heights 15 (1990) With Michael Keaton. 4.15 Action & Thriller Close Up 4.45 Revolver 15 (2005) With Jason Statham. 6.45 Miami Vice 15 (2006) With Colin Farrell. 9.00 Deep Impact 12 (1998) With Robert Duvall. 11.05 Revolver 15 (2005) With Jason Statham. 1.00 Basic Instinct 2 18 (2006) With Sharon Stone. 3.00 Captive 15 (1998) With Richard Grieco. 4.40 In the Line of Duty: Siege at Marion PG (1992)

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SPORT

Sky Sports 1

6.00 Live International Cricket. India v Australia. 1.00 Sky Sports Classics 1.30 Futbol Mundial 2.00 Total Rugby 2.30 Transworld Sport 3.30 Futbol Mundial 4.00 Live European Tour Golf. The Open de Madrid. 6.00 Futbol Mundial 6.30 Premier League World 7.00 Live Darts. Day four of the World Grand Prix. 11.00 Premier League World 11.30 The Rugby Club 1.00 Victory Shield Football 2.30 International Cricket 4.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 European Seniors Tour Golf 8.00 FIFA Futbol Mundial 8.30 Watersports World 9.30 Carp Academy 2007 10.00 Total Rugby 10.30 European Tour Weekly 11.00 Live European Tour Golf. The Open de Madrid. 1.00 Watersports World 2.00 BMX Supercross 3.00 International Cricket 5.00 IAAF Athletix Weekly 5.30 Sports Adventure 6.00 The Rugby Club 7.30 Live Victory Shield Football. England v Northern Ireland (Kick-off 7.45pm). 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 ATP Tennis 1.30 Golf Night 3.30 Golf Night 5.30 Close

Sky Sports 3

6.30 Carp Academy 2007 7.00 WWE: Experience 8.00 Challenge Tour Golf 8.30 PGA EuroPro Tour Golf 10.30 Futbol Mundial 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Wild Spirits 3.00 Watersports World 4.00 NFL: Total Access 5.00 WWE: Heat 6.00 ATP Tennis 6.30 British Ice Hockey 9.00 Golf Night 11.00 Live Golf Night. The opening day of the LPGA World Championship. 1.00 Race World 2.00 Premier League Snooker 5.30 Close

British Eurosport

7.30 World Rally Championship 8.30 Show Jumping 9.30 International Football 10.30 ATP Tennis 11.00 WTA Tennis 12.00 Live WTA Tennis. The Kremlin Cup. 3.30 Live ATP Tennis. The BA-CA Tennis Trophy. 5.00 Eurogoals 5.15 Live ATP Tennis. The BA-CA Tennis Trophy. 7.00 WTA Tennis 8.00 Boxing 10.00 MotoGP 11.00 World Superbikes 12.00 Escape 12.30 Close 4.45 Live MotoGP. The Australian Grand Prix MotoGP practice session.

Sky Sports Xtra

9.30 Darts 1.30 European Tour Golf 3.30 Carp Academy 2007 4.00 Adrenaline 4.30 Transworld Sport 5.30 International Cricket 7.30 Live Premier League Snooker. The sixth meeting of the season at the Grimsby Auditorium. 11.00 NFL: Total Access 12.00 Poker Week 12.30 British Ice Hockey 3.00 Poker Week 3.30 IAAF Athletix Weekly 4.00 ATP Tennis 4.30 Adrenaline 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.30 The Basil Brush Show. (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. Carmella continues to deny her feelings for Ringo but her resolve breaks down and they end up kissing. Agreeing to keep it a secret, the two meet in the middle of the night and passion takes over. Rosie and Frazer combine their hen and stag parties and Frazer defies the odds to surprise his fiance on their wedding day. (R) (T)

6.00 BBC News. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 My Family. Ben joins a poetry group in a bid to appease Susan, who is angry to discover an old love poem he wrote for her was plagiarised, and gains the unwanted attentions of one of the classmates. Frances Barber guest stars. (R) (T)

8.00 EastEnders. Jane becomes frantic with worry when she realises Lucy is missing, unaware Steven has taken her to a block of flats on a housing estate, where an emotional reunion takes place but tragedy also strikes, leaving one member of the Beale family fighting for their life. (T)

8.30 After You've Gone. Jimmy strives to impress the children's mother during a short visit home, but his efforts are disastrous. Comedy, starring Nicholas Lyndhurst, Celia Imrie and Amanda Abbington. (T)

9.00 Have I Got News for You. New series. Ross Noble is one of the celebrity guests joining in the fun on the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (T)

9.30 Not Going Out. As Lucy and Guy's relationship intensifies, Lee begins to feel isolated and is encouraged to try speed-dating. Tim takes Barbara on a night out with surprising consequences. Comedy, starring Lee Mack, Tim Vine and Sally Bretton. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. (T)

11.35 FILM: Eurotrip (2004). Premiere. Goofy comedy, starring Scott Mechlowicz. (T)

1.05 FILM: Carry On at Your Convenience (1971). Bawdy comedy, starring Sid James; (T) Weatherview. 2.35 BBC News 24. (T)

Pick of the Day

Have I Got News for You (BBC1, 9pm)

There is never a day without news, even if it isn't very good or particularly interesting. So it's no surprise we're about to embark on the 34th series of this topical quiz, which examines the stories hitting the headlines. Regular team captains Ian Hislop and Paul Merton will take their places behind that glowing red desk, while yet another guest host settles down for an evening in front of the autocue. Since Angus Deayton left the show as host (under a bit of a cloud) in 2002, a selection of weird and wonderful (and sometimes A-list) celebrities have parked their bottoms on his chair. Joan Collins did a marvellous job of keeping order, while the same can't be said for blustering politician Boris Johnson. He had us rolling in the aisles just as a guest, so when it came to presenting, regular viewers knew they'd be in for a treat. Sure enough, Merton and Hislop took every opportunity to pull the rug out from under the MP's feet. At least he fared better than Neil Kinnock, who got a mauling at the hands of writer Will Self. Whoever the guests are this week, let's hope they have generous natures and razor-sharp senses of humour - otherwise they're in real trouble.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race judge the Scotland and northern England regional final of the talent show for amateur chefs. The best four try to prove their signature dish is the tastiest original recipe in Britain and claim a place in the live grand final. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Billy returns to the village, leaving Diane unnerved and Victoria suspicious when she overhears the pair discussing their relationship. Perdy feels that Gray may be moving too fast with the surrogacy plans and Debbie refuses to listen to Lisa's pleas to spend more time with her daughter. (T)

7.30 Coronation Street. An irate Fiz discovers Cilla's one-way ticket to Las Vegas, Molly and Tyrone delay their plans for a flat of their own and Leanne's debt drives a wedge between Janice and Roger. (T)

8.00 Supermarket Cheap: Tonight. (T)

8.30 Coronation Street. Paul beats a hasty retreat from the restaurant when he sees two heavies waiting at the bar and begs Tyrone for help when they come knocking on his door. Chesney's welfare is on everyone's minds but, at the mention of social services, Fiz says she and Kirk can cope. Todd receives his wedding invitation and Kevin and Jerry set off for Milan. (T)

9.00 Rebus. The Moderator elect of the Church of Scotland and a female companion are found naked in a car with their throats cut, but the church closes ranks as Rebus investigates the background to the case, uncovering long-buried rivalries, lies and grudges within the institution. Meanwhile, a retired police colleague in the early stages of dementia claims he is being poisoned by staff at his nursing home. Drama, starring Ken Stott, with Lorcan Cranitch, Andrew Neil and John Stahl. (T)

10.30 ITV News; Weather. (T)

11.00 Numb3rs. A robber is shot dead by a security guard in a Beverly Hills jewellery store, prompting Don and the team to investigate. Drama, with David Krumholtz. (T)

12.00 Make Your Play; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.30 Under One Roof. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Focus. (T) 11.00 Nile Shorts. (R) (T) 11.15 Nile Shorts. (R) (T) 11.30 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Golf: World Match Play. Live coverage of the second day from Wentworth. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Buy to Debt? Libby Potter traces the rise of the buy-to-let industry, asking entrepreneurs whether their investments are flourishing or have been affected by the current market slowdown. (T) 7.30 The History Detectives. Bonnie Prince Charlie's secret stash of gold. (T) 8.00 How to Be a Gardener. Getting to grips with the lawn. (R) (T) 8.30 Gardeners' World. Monty Don prepares the soil for next year's sweet peas. (T) 9.00 The Tudors. Henry and the court sign a treaty with France. (T) 10.00 QI. With Sean Lock, Rich Hall and Bill Bailey. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Restaurant. (R) (T) 12.35 FILM: Snakes & Ladders (1996). Premiere. Comedy, starring Pom Boyd. (T) 2.10 Star Trek: The Next Generation. (R) (T) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Power to the People. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 3 Minute Wonder: 25 Years On. (R) (T) 1.35 FILM: Damn the Defiant! (1962). Maritime drama, starring Alec Guinness. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. The conflict between the generations in Honduras. (T) 8.00 A Place in the Sun: Home or Away. Properties in Hastings and Valencia. (T) 9.00 Ugly Betty. Wilhelmina introduces Betty to her new bodyguard. (T) 10.00 My Name Is Earl. Joy's pregnancy prompts Earl to ponder both their troubled marriage and his own relationship with his father. Chat show host Montel Williams guest stars. (T) 10.30 Comedy Showcase. (T) 11.05 Fonejacker. (T) 11.35 4Music: Transmission. (T) 12.40 4Music: V Festival 2007. (T) 1.10 4Music: V Festival 2007. (T) 1.45 4Music: Dubplate Drama. (R) (T) 2.10 Goalissimo. 3.05 Transworld Sport. (R) (T) 4.00 Racing Rivals. (R) 4.30 Smallville. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: About Sarah (1998). Drama, starring Kellie Martin. (T) 3.35 five news update. (T) 3.40 FILM: Straight from the Heart (2003). Premiere. Romantic drama, starring Teri Polo. 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.25 Mad For Music. How Coldplay's lyrics helped a troubled teenager. Last in series. (T) 7.30 Pimp My Ride UK. DJ Tim Westwood and the team get to work on a mobile DJ's 1990 Bedford Rascal, updating it with a candy-red respray, a set of eight-spoke 14-inch rims and 16 speakers in each door. (R) (T) 8.00 Nick Baker's Weird Creatures. The tarsier of south-east Asia; (T) 8.00 five news update. 9.00 NCIS. A terrorist takes Ducky and Kate hostage; (R) (T) 9.00 five news at 9. 10.00 Law & Order. A body is found in the Manhattan river. (R) (T) 11.00 Most Evil. The most ruthless serial killers. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Só Acontece aos Outros 2115 Avenida Europa 2145 Contra 2215 A Herança de Verão 0000 The Sphere, film 0230 Stir of Echoes, film 0200 Só Visto 0400 Telesales

RTP2
0700 EuroNews 0715 Zig Zag 1000 Assembleia da República 1300 Zig Zag 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1715 National Geographic 1815 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Todos Conta o Chris 2115 National Geographic 2200 News 2240 Irmãos e Irmãs 2330 Vidas 0030 Noites da 2 0130 Bastidores 0200 Flip 0230 Arte & emoção 0300 Sociedade Civil 0430 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI Las Vegas 0130 Film TBA 0300 Sex and the City 0330 Polhar da Serpente

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar – Ferias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Deadly Charades, film

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Spendaholics 8.30 The Real Hustle 9.00 Torchwood 9.50 Torchwood Declassified 10.00 EastEnders 10.30 Ideal 11.00 Ideal 11.30 The Real Hustle 12.00 Family Guy 12.25 Family Guy 12.45 The Most Annoying Pop Songs We Hate to Love 1.40 Ideal 2.10 Ideal 2.40 Torchwood 3.30 Help Me Anthea, I'm Infested! 4.30 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Why Democracy?: Yes Minister 8.00 Emmylou Harris' 10 Commandments of Country 9.00 Emmylou Harris: From a Deeper Well 10.00 Timeshift: Emmylou at the BBC 10.30 QI 11.00 Flight of the Conchords 11.30 Old Grey Whistle Test Special: Emmylou Harris and the Hot Band 12.10 Charlie Brooker's Screen Wipe 12.40 Emmylou Harris' 10 Commandments of Country 1.40 Emmylou Harris: From a Deeper Well 2.40 Timeshift: Emmylou at the BBC 3.10 Emmylou Harris' 10 Commandments of Country 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.40 Judge Judy 7.00 The X Factor 8.00 The X Factor 9.00 Film: Die Hard 2 18 (1990) 11.20 Streetmate 12.20 Coronation Street 12.50 Coronation Street 1.20 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Are You Smarter Than a Ten Year Old? 9.00 Project Runway 10.00 Film: Top Gun 12 (1986) 12.05 Lovespring International 12.35 Star Trek: Voyager 1.35 Star Trek: Voyager 2.25 Star Trek: Voyager 3.20 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 dinnerladies 1.40 My Family 2.20 Dancing with the Stars 4.00 Dancing with the Stars 5.00 Dallas 6.00 The Thin Blue Line 6.40 dinnerladies 7.20 My Family 8.00 Dancing with the Stars 9.20 Dancing with the Stars 10.20 EuroMillions: Boom Bang a Bang 10.30 Film: The 6th Day 15 (2000) 1.00 The Worst Week of My Life 1.40 The Thin Blue Line 2.15 Casualty 3.05 The Afternoon Play 3.55 The Afternoon Play 4.45 2point4 Children 5.15 Neighbours 5.35 Neighbours

TCM
1.00 The Secret of My Success PG (1965) 3.00 The Cincinnati Kid PG (1965) 4.55 The Day They Robbed the Bank of England U (1960) 6.30 Guns for San Sebastian PG (1968) 8.30 The Screening Room 9.00 Legends of the Fall 15 (1994) 11.30 The Champ PG (1979) 1.35 Teleshopping 1.50 Legends of the Fall 15 (1994) 4.10 MGM: When the Lion Roars

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Spy Kids U (2001) Family adventure, starring Antonio Banderas. 9.30 Film: Spy Kids U (2001) Family adventure, starring Antonio Banderas.

MOVIES

Sky Movies Drama

6.25 Undercover Angel PG (1998) 8.15 Columbo: Grand Deceptions PG (1989) 10.00 Little Man Tate PG (1991) 11.45 The Da Vinci Code 12 (2006) With Tom Hanks. 2.15 Columbo: Grand Deceptions PG (1989) With Peter Falk. 4.00 A Walk in the Clouds PG (1995) With Keanu Reeves. 6.00 Little Man Tate PG (1991) With Jodie Foster. 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 Brokeback Mountain 15 (2005) With Heath Ledger. 12.45 The Dark Is Rising Special 1.05 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent' Jackson. 3.05 Walkout 12 (2006) 5.00 Undercover Angel PG (1998)

Sky Movies Comedy

6.00 Fat Albert U (2004) 7.45 Underfunded 12 (2006) 9.15 Max Rules: Adventures of a Superspy PG (2005) 10.45 The Beautician and the Beast PG (1997) 12.45 Fat Albert U (2004) With Kenan Thompson. 2.25 The Matador 15 (2005) With Pierce Brosnan. 4.10 Meatballs 15 (1979) With Bill Murray. 6.10 In & Out 12 (1997) With Kevin Kline. 8.00 Alien Autopsy 12 (2006) With Declan Donnelly. 9.45 The Matador 15 (2005) With Pierce Brosnan. 11.35 Meatballs 15 (1979) With Bill Murray. 1.20 In & Out 12 (1997) With Kevin Kline. 3.05 Underfunded 12 (2006) 4.35 Max Rules: Adventures of a Superspy PG (2005)

Sky Movies Action

6.20 Fearless 15 (2006) 8.20 The Abyss: Special Edition 15 (1989) 11.20 The Top 10 Show 11.40 Switchback 15 (1997) With Dennis Quaid. 1.50 Mr & Mrs Smith 15 (2005) With Brad Pitt. 4.00 Fearless 15 (2006) With Jet Li. 6.00 The Abyss: Special Edition 15 (1989) With Ed Harris. 9.00 Maximum Risk 18 (1996) With Jean-Claude Van Damme. 10.45 Mr & Mrs Smith 15 (2005) With Brad Pitt. 12.50 Domino 15 (2005) With Keira Knightley. 3.00 Farewell, My Love 18 (2001) With Gabrielle Fitzpatrick. 4.40 In the Line of Duty: Smoke Jumpers PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 IAAF Athletix Weekly 6.30 Premier League World 7.00 WWE: Raw 9.00 Premier League World 9.30 Victory Shield Football 11.00 Live European Tour Golf. The Open de Madrid. 1.00 Premier League World 1.30 Victory Shield Football 3.00 IAAF Athletix Weekly 3.30 Premier League World 4.00 Live European Tour Golf. The Open de Madrid. 6.00 Big League Weekend 7.00 Premier League World 7.30 Live International Football. England Under-21s v Montenegro Under-21s (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Isaac Ward v Anyetei Laryea. 12.00 Big League Weekend 1.00 International Football 2.30 Friday Fight Night 4.30 Big League Weekend 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Race World 9.00 Beach Volleyball 10.00 Darts 2.00 Rugby Union 4.00 Race World 5.00 Super League Special 6.00 Live Darts. The fifth day of the World Grand Prix. 11.00 Super League Special 12.00 NFL: Total Access 1.00 World Sport 1.30 Golf Night 3.30 Golf Night 5.30 Moto Plus

Sky Sports 3

7.00 The Rugby Club 8.30 Live Rugby Union. The first Air New Zealand Cup semi-final. 10.30 Sports Adventure 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Beach Volleyball 1.00 NFL: Total Access 2.00 Adrenaline 2.30 British Ice Hockey 5.00 WWE: Raw 7.00 Tight Lines 8.00 Super League Special 9.00 Golf Night 11.00 Live Golf Night. The second day of the LPGA World Championship. 1.00 Kiteboard Pro Tour 1.30 Rugby Union 3.30 International Football 5.30 NFL Weekly Review

British Eurosport

6.00 Live MotoGP. The Australian Grand Prix 250cc practice session. 6.45 MotoGP 7.30 Escape 8.00 ATP Tennis 9.15 International Football 10.15 International Football 11.00 WTA Tennis 12.00 Live WTA Tennis. The Kremlin Cup quarter-finals. 3.30 Live ATP Tennis. The BA-CA Tennis Trophy quarter-finals. 5.00 Inside Euro 2008 5.15 Live ATP Tennis. The BA-CA Tennis Trophy quarter-finals. 7.00 MotoGP 9.00 Test Ride 9.15 Strongest Man 10.15 World Rally Championship 10.45 Yoz Magazine 11.15 Strongest Man 11.45 Inside Euro 2008 12.00 World Rally Championship 12.30 Close 4.45 Live MotoGP. The Australian Grand Prix MotoGP qualifying session.

Sky Sports Xtra

7.00 Poker Week 7.30 British Ice Hockey 10.00 Premier League Snooker 1.30 European Tour Golf 3.30 Beach Volleyball 4.30 Moto Plus 5.00 NFL: Total Access 6.00 Sportnation 7.00 NFL Weekly Review 7.30 Rally World 8.00 Rugby Union 10.00 Big League Weekend 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 NFL Weekly Review 2.30 Kiteboarding 3.00 Beach Volleyball 4.00 Sportnation 5.00 Adrenaline 5.30 Kiteboarding

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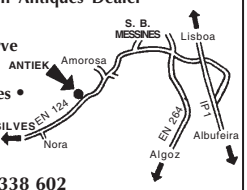

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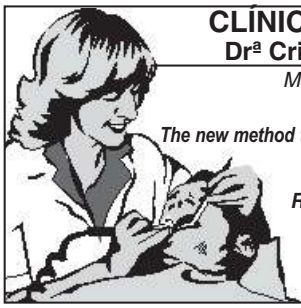

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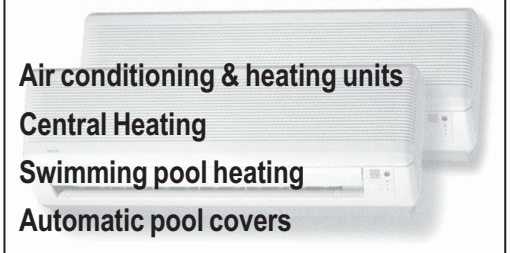

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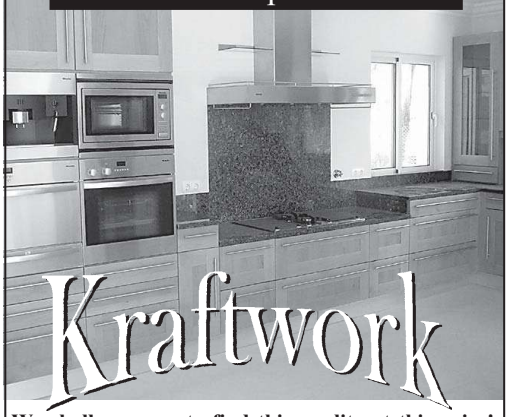

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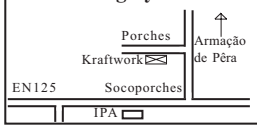

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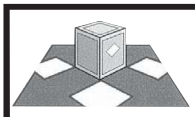

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What is a Christian?

My husband and I have three daughters and we chose each of their names with consideration given to its meaning. Their names express our innermost hopes and desires for them and shaped the way that we have prayed for them during their twenty plus years of life. Our oldest daughter´s name is Christine, which, of course, comes from the word Christian.

"Christian." In today´s world, the word is used in so many ways. For some it simply means "*not jewish.*" To others it refers to anything identified with Jesus Christ and His teachings. *To find the true definition we must look to God´s book, the Bible. In the Scriptures, the word means, "a follower of Christ." It is often interchanged with the terms "believer" (in Christ) or "saved." As we named our first child 28 years ago, it was and still remains our prayer for Christine to follow the Saviour all the days of her life.*

Carol Wimmer wrote a poem titled, When I say, "I am a Christian." The lyrics express her determination to define true Christianity. Believing that much of society sees Christianity as a prideful, holier than thou attitude displayed toward other religions, Carol desired to reflect Christianity in its truest sense, both in the words of her poem and through her life. I believe the message of this poem is worth sharing with you this week.

When I say..."I am a Christian", I'm not shouting "I am saved." I'm whispering "I was lost" That is why I chose this way. When I say..."I am a Christian," I don't speak of this with pride. I'm confessing that I stumble and need someone to be my guide. When I say..."I am a Christian, I'm not trying to be strong. I'm professing that I'm weak, and pray for strength to carry on. When I say..."I am a Christian," I'm not bragging of success. I'm admitting I have failed and cannot ever pay the debt. When I say..."I am a Christian," I'm not claiming to be perfect. My flaws are all too visible, but God believes I'm worth it. When I say..."I am a Christian," I still feel the sting of pain. I have my share of heartaches, which is why I speak His name. When I say..."I am a Christian," I do not wish to judge. I have no authority. I only know I'm loved. By Carol Wimmer (first published, 1992)

Now read the following clear explanation written over two thousand years ago, yet still preserved for us today.

"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved." Romans 10:9-10

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BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

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THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

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The Algarve

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THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

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FC Porto five points clear at the top

While the season has only recently begun, those who call themselves realists at Benfica and Sporting have already declared that the league title is now FC Porto's to lose after the defending champions opened a five-point lead at the top of the table.

The biggest weekend of the football season so far ended with FC Porto opening up a sizeable gap at the top of Portugal's Superliga.

In a weekend of derbies, FC Porto were victorious in their battle against Oporto neighbours Boavista. By winning 2-0, FC Porto are off to their best start of the season since 1990/1991 and now have six wins out of six.

But the taste of victory was even sweeter as Lisbon rivals Benfica and Sporting played out to a dull goalless draw, and are now eight and seven points adrift of the defending champions.

Marítimo, on 13 points, trail FC Porto by five points, and in third are Vítoria Guimarães with 12 points, one point ahead of Sporting, who in turn or also one clear of Benfica.

Results from this weekend's fixtures could go a long way in deciding the championship, with Sporting hosting third-placed Vítoria Guimarães this bank holiday Friday.

Benfica travel to Leiria on Sunday, and FC Porto will only play later that evening, facing Académica in Coimbra.

'King of Shaves' a Fountain powerboat with an Ilmor engine was the dominating force in the Evolution category, under the guidance of James Sheppard and Craig Wilson. Despite fierce competition from American and Italian teams, the British duo proved unstoppable and put on a brilliant performance from the start.

Benfica's Maxi Pereira (R), fights for the ball with Sporting's Simon, during their league match at Luz Stadium on Saturday. (Photo: EPA/António Cotrim)

Powerboat championships cancelled, but the party goes on

Relentless bad weather may have led to the second day of the P1 Portuguese Powerboat Grand Prix being cancelled, but it did nothing to dampen the high sprits and celebrations generated by the newly-declared world champions in the SuperSport and Evolution categories.

Italians Ângelo Tedeschi, Fábio Magnani and Ugo Pellegrino, who form the Roscioli Hotels Roma team, were declared winners of the Portuguese Grand Prix due to their spectacular performance on day one, also taking the world title in the Powerboat P1 SuperSport category with a 100 point lead over the British Buzzi Bullet team.

British boat 'King of Shaves' a Fountain powerboat with an Ilmor engine was the dominating force in the Evolution category, under the guidance of James Sheppard and Craig Wilson. Despite fierce competition from American and Italian teams, the British duo proved unstoppable and put on a brilliant performance from the start.

SUPERLEAGUE FIXTURES DAY 7

MATCH	DATE	TIME	TV
Sporting-Guimarães	Friday	20h30	SportTV
Leixões-Naval	Saturday	16h00	
Marítimo-Setúbal	Sunday	16h00	
Leiria-Benfica	Sunday	16h00	TVI
Académica-FC Porto	Sunday	16h00	SportTV
Braga-Nacional	Monnday	19h15	SportTV
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Boavista-Belenenses	Monday	21h30	SportTV

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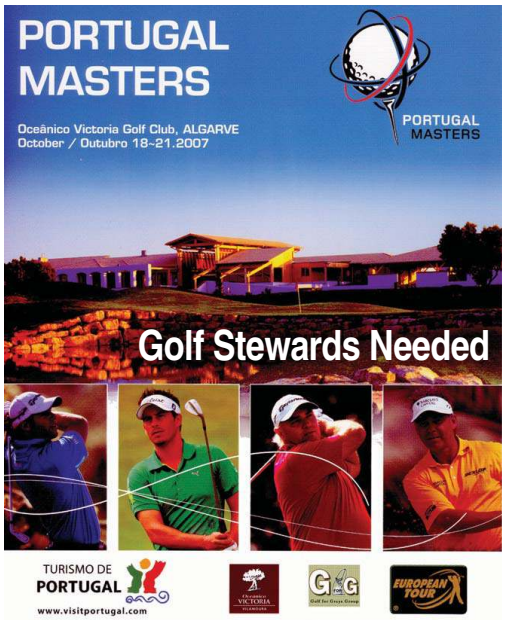

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